



## Signature BLT Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

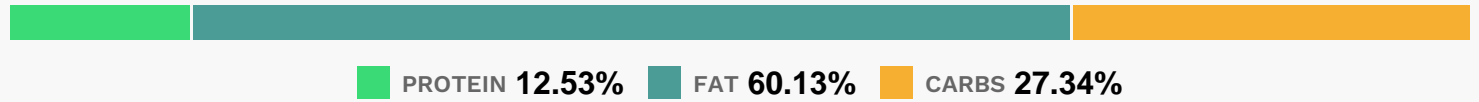
- 12 slices oscar mayer bacon cooked
- 4 leaf lettuce leaves
- 0.3 cup miracle whip dressing kraft
- 1 tomatoes cut into 4 slices
- 8 slices bread white toasted

## Equipment

## Directions

Spread toast with mayo. Fill with remaining ingredients to make 4 sandwiches.

## Nutrition Facts



### Properties

Glycemic Index:28.19, Glycemic Load:17.85, Inflammation Score:-5, Nutrition Score:11.014347760574%

### Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 429.29kcal (21.46%), Fat: 28.48g (43.82%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.31g (9.93%), Sugar: 5.13g (5.7%), Cholesterol: 44.99mg (15%), Sodium: 802.83mg (34.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.71%), Selenium: 24.87µg (35.53%), Vitamin B1: 0.45mg (29.87%), Vitamin B3: 5.22mg (26.11%), Manganese: 0.34mg (17.07%), Phosphorus: 160.01mg (16%), Folate: 60.49µg (15.12%), Vitamin B6: 0.25mg (12.36%), Iron: 2.06mg (11.45%), Calcium: 113.19mg (11.32%), Vitamin B2: 0.18mg (10.61%), Zinc: 1.27mg (8.49%), Potassium: 271.81mg (7.77%), Fiber: 1.83g (7.33%), Vitamin A: 366.1IU (7.32%), Vitamin B5: 0.66mg (6.62%), Magnesium: 24.93mg (6.23%), Vitamin B12: 0.33µg (5.5%), Copper: 0.11mg (5.39%), Vitamin C: 4.39mg (5.32%), Vitamin E: 0.56mg (3.75%), Vitamin K: 2.53µg (2.41%), Vitamin D: 0.26µg (1.76%)