

Super BLT

READY IN



20 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 8 slices bread toasted
- ☐ 0.3 cup cream cheese
- ☐ 0.3 cup guacamole
- ☐ 4 lettuce leaves
- ☐ 4 slices tomatoes

Equipment

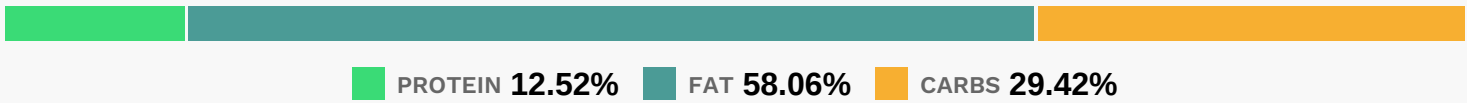
- ☐ frying pan

☐ paper towels

Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Spread the guacamole on 4 slices of toasted bread and the cream cheese on the remaining 4 slices. Arrange a lettuce leaf, tomato slice, and two pieces of bacon on top of 4 slices of bread and top with the remaining slices.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:14.89, Inflammation Score:-9, Nutrition Score:15.636086852654%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 420.04kcal (21%), Fat: 27.23g (41.9%), Saturated Fat: 9.45g (59.04%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 27.2g (9.89%), Sugar: 4.8g (5.33%), Cholesterol: 43.37mg (14.46%), Sodium: 609.87mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.41%), Vitamin A: 2232.62IU (44.65%), Manganese: 0.8mg (39.94%), Selenium: 26.4µg (37.71%), Vitamin B3: 5.44mg (27.21%), Vitamin B1: 0.4mg (26.62%), Folate: 74.7µg (18.68%), Phosphorus: 172.35mg (17.23%), Fiber: 3.85g (15.4%), Vitamin B2: 0.26mg (15.23%), Iron: 2.59mg (14.37%), Vitamin B6: 0.27mg (13.65%), Vitamin C: 9.69mg (11.75%), Potassium: 371.14mg (10.6%), Vitamin B5: 1.03mg (10.25%), Magnesium: 40.14mg (10.03%), Calcium: 99.18mg (9.92%), Zinc: 1.37mg (9.11%), Vitamin K: 8.46µg (8.05%), Copper: 0.15mg (7.48%), Vitamin E: 0.96mg (6.39%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.18µg (1.17%)