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Full Roasted Turkey & Avocado BLT on Sourdough

This recipe is a twist on the classic BLT sandwich, featuring full roasted turkey and creamy avocado slices. The turkey is seasoned and roasted to perfection, while the avocado adds a delicious creaminess. The sandwich is served on toasted sourdough bread, adding a tangy flavor and crispy texture. It's a satisfying and flavorful meal that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 120 mins

Total Time: 140 mins

Recipe Yield: 100 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

400 g full roasted turkey

200 g Avocado

400 g sourdough bread

200 g	bacon
100 g	lettuce
200 g	Tomato
100 g	mayonnaise
50 g	mustard
5 g	Salt
5 g	Black pepper

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 10 mins

Cook Time: 120 mins

Step 2

Season the turkey with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Roasting

Place the seasoned turkey in a roasting pan and roast in the preheated oven for 2 hours, or until cooked through.

Prep Time: 0 mins

Cook Time: 120 mins

Step 4

Resting, cutting

Remove the turkey from the oven and let it rest for 10 minutes. Then, slice it into thin pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Toasting

Toast the sourdough bread slices until golden brown.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Spreading

Spread mayonnaise and mustard on one side of each bread slice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Layering

Layer the turkey slices, avocado slices, bacon, lettuce, and tomato on one bread slice. Season with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Top with another bread slice to form a sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Repeat steps 6-8 for the remaining bread slices and ingredients.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the sandwiches and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Thanksgiving

Picnic

Cuisines

American

Course

Drinks

Breads

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Demographics

Senior Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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