



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## BLT Classic Sandwich ♦♦

The BLT sandwich is a classic American sandwich consisting of bacon, lettuce, and tomato. It is typically served on toasted bread with mayonnaise. The combination of crispy bacon, fresh lettuce, and juicy tomatoes creates a delicious and satisfying sandwich.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>150 g</b>	bacon
<b>100 g</b>	lettuce
<b>200 g</b>	Tomato
<b>4 slices</b>	bread
<b>4 tbsp</b>	mayonnaise

# Directions

---

## Step 1

Frying

Cook the bacon in a skillet over medium heat until crispy.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

## Step 2

Toasting

Toast the bread slices until golden brown.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 3

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Layer the lettuce, tomatoes, and bacon on one slice of bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

Top with another bread slice and press gently to form the sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 6

Repeat with the remaining ingredients to make another sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 450 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 50 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

Grill

## Nutritional Content

Low Calorie

## Cuisines

Italian

American

## Diet

Anti-Inflammatory Diet

## Course

Side Dishes

Salads

Snacks

## Cultural

Chinese New Year

## Cooking Method

Frying

Boiling

Steaming

Simmering

Serving

Cooking

None

## Healthy For

Gastroesophageal reflux disease (GERD)

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)