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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

150 g	bacon
100 g	lettuce
200 g	Tomato
4 slices	bread
4 tbsp	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%

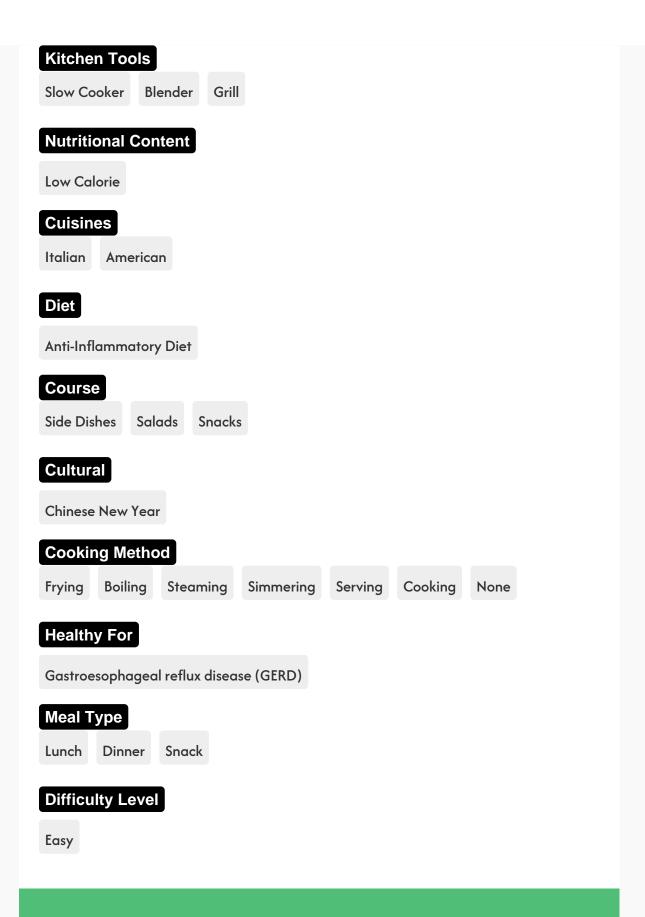
Minerals

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



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