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# Turk and Bacon Club Without Mayo and Oil.

A delicious club sandwich made with turkey and bacon, without mayo and oil. Perfect for those who prefer a lighter version of the classic club sandwich.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 500 grams Number of Servings: 2

Serving Size: 250 g

# **Ingredients**

200 g	Turkey Breast
100 g	bacon
50 g	lettuce
100 g	Tomato
100 g	bread

**50** g

cheese

# **Directions**

## Step 1

Toasting

Toast the bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

# Step 2

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

# Step 3

Cutting

Slice the tomato and lettuce.

Prep Time: 3 mins

Cook Time: 0 mins

# Step 4

#### Assembly

Assemble the sandwich by layering the turkey, bacon, lettuce, tomato, and cheese between the toasted bread slices.

Prep Time: 5 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 400 kcal

**Fat:** 10 g

Protein: 30 g

Carbohydrates: 30 g

# **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

# Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	50 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	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

# **Recipe Attributes**

# Seasonality

Fall

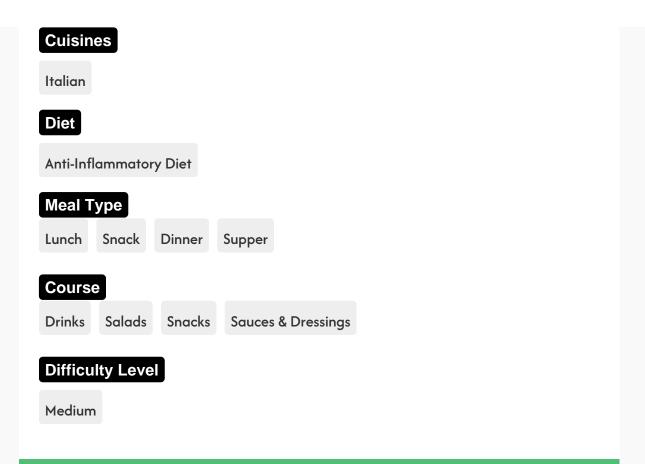
## Kitchen Tools

Slow Cooker Blender

# **Nutritional Content**

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free High Vitamin C



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