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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

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### Step 1

Toasting

Toast the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Frying

Cook the bacon until crispy.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Cutting

Slice the tomato and lettuce.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## 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

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Meal Type

Lunch

Snack

Dinner

Supper

## Course

Drinks

Salads

Snacks

Sauces & Dressings

## Difficulty Level

Medium

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