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Turkey Bacon Melt 1/2 Combo

The Turkey Bacon Melt 1/2 Combo is a delicious sandwich made with turkey bacon, melted cheese, and other ingredients. It is a perfect combination of flavors and textures that will satisfy your cravings. This recipe is great for lunch or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	turkey bacon
50 g	Cheddar Cheese
4 slices	sliced bread
20 g	mayonnaise
30 g	lettuce

50 g Tomato

Directions

Step 1

Frying

Cook the turkey bacon in a skillet until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Toasting

Toast the bread slices.

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 lettuce, tomato, turkey bacon, and cheddar cheese on one slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Top with the other slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Cut the sandwich in half.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 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)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	3 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Appetizers

Main Dishes

Difficulty Level

Medium

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