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## Classic BLT ♦♦

The Classic BLT is a popular sandwich made with bacon, lettuce, and tomato. It is a classic American sandwich that is often enjoyed for lunch or as a quick and easy dinner option. The combination of crispy bacon, fresh lettuce, and juicy tomatoes makes for a delicious and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	bacon
100 g	lettuce
200 g	Tomato
200 g	bread
50 g	mayonnaise

# Directions

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## Step 1

Frying

Cook the bacon in a skillet until crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 2

Cutting

Slice the tomato and wash the lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Toasting

Toast the bread slices.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

## Spreading

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

### Assembling

Assemble the sandwich by layering the bacon, lettuce, and tomato on one bread slice.

Top with the other bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

### Cutting

Cut the sandwich in half and serve.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 40 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	40 g	72.73%	80%
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)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	25 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Iron

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Course

Main Dishes

Salads

Snacks

Breads

### Cultural

Chinese New Year

### Meal Type

Lunch

Snack

### Difficulty Level

Easy

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