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BLT Sandwich ♦

The BLT sandwich is a classic American sandwich made with bacon, lettuce, and tomato. It is typically served on toasted bread with mayonnaise.

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

100 g	bacon
50 g	lettuce
50 g	Tomato
4 slices	bread
2 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.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Spread mayonnaise on one side of each bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Layer the bacon, lettuce, and tomato on one slice of bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Top with another slice of bread to make a 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: 500 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 40 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	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)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Barbecue

Cuisines

American

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

Demographics

Senior Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Volumetrics Diet

Paleo Diet

Atkins Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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