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## Turkey Bacon BLT Sandwich ♦♦

The Turkey Bacon BLT Sandwich is a classic American sandwich made with turkey bacon, lettuce, and tomato. It is a popular choice for lunch or a quick and easy dinner. The sandwich 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	turkey bacon
50 g	lettuce
50 g	Tomato
20 g	mayonnaise
100 g	bread

# Directions

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## Step 1

Frying

Cook the turkey bacon in a skillet over medium heat until crispy.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 2

Toasting

Toast the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Layer lettuce, tomato, and turkey bacon on one bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Top with the other bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Cut the sandwich in half and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	20 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer

Fall

## Events

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

## Cuisines

Italian

## Meal Type

Lunch

Snack

## Course

Breads

## Difficulty Level

Easy

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