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## Turkey & Bacon Club Sandwich ·•

The Turkey & Bacon Club Sandwich is a classic sandwich made with layers of turkey, bacon, lettuce, tomato, and mayonnaise. It is a popular choice for lunch or a quick and easy dinner. The sandwich is typically served cold and can be enjoyed on its own or with a side of fries or chips.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

150 g	turkey slices
100 g	bacon strips
50 g	lettuce leaves
50 g	tomato slices
30 g	mayonnaise

200 g bread slices

## 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

#### Spreading

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

#### Layering

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Top with the second bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Cutting

Cut the sandwich in half.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 450 kcal

**Fat:** 15 g

**Protein:** 35 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	4 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	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Snack

Dinner

### Events

Picnic

### Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Easter

## Cost

Under \$10

\$20 to \$30

## Demographics

Kids Friendly

## Difficulty Level

Easy

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