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## Club Blue BLT with Bacon ♦♦

The Club Blue BLT with Bacon is a classic sandwich with a twist. It features crispy bacon, fresh lettuce and tomatoes, and a tangy blue cheese spread. This sandwich is perfect for lunch or dinner and is sure to satisfy your cravings.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 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	Tomatoes
100 g	Blue cheese
50 g	mayonnaise

400 g bread

## Directions

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### Step 1

Frying

Cook the bacon until crispy.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Cutting

Slice the tomatoes and wash the lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a small bowl, mix together the blue cheese and mayonnaise to make the spread.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Toasting

Toast the bread slices.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

### Spreading

Spread the blue cheese mixture on one side of each bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Layering

Layer the bacon, lettuce, and tomatoes on one bread slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Layering

Top with another bread slice to make a sandwich.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Layering

Repeat with the remaining ingredients to make more sandwiches.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 25 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	4 g	10.53%	16%
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	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
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	1000 mg	43.48%	43.48%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer

Fall

### Events

Christmas

Barbecue

Picnic

## Cuisines

American

## Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

## Cultural

Chinese New Year

## Cost

Under \$10

\$20 to \$30

## Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

Vegetarian Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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