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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 b

bread

Directions

Step 1

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2



Slice the tomatoes and wash the lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3



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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spreading

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Layering

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Layering

Top with another bread slice to make a sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8



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%

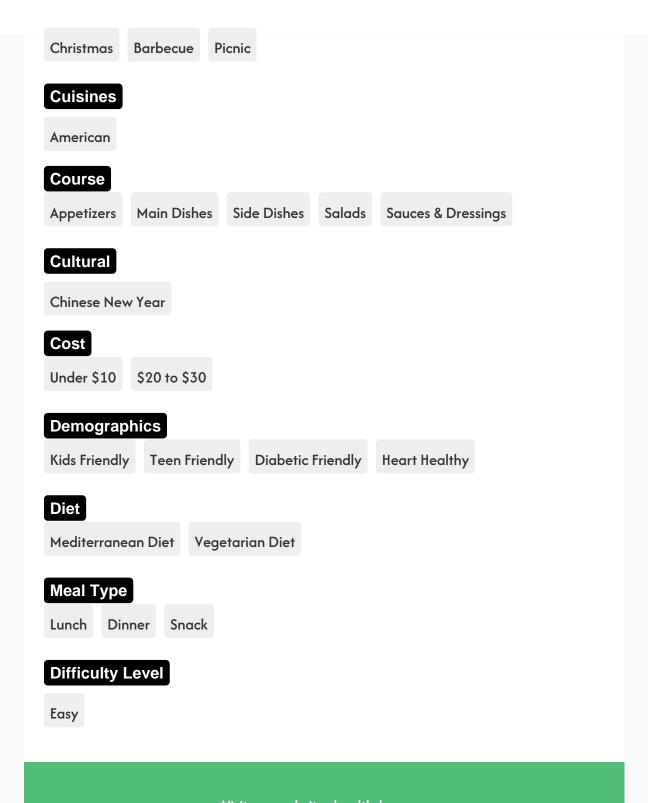
Recipe Attributes

Seasonality

Summer

Fall

Events



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