



Healthdor

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J.J.B.L.T.

The J.J.B.L.T. is a twist on the classic BLT sandwich, replacing the bacon with juicy and flavorful jackfruit. This vegan sandwich is perfect for those who want a plant-based alternative to the traditional BLT.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Jackfruit
100 g	lettuce
200 g	Tomato
400 g	bread
50 g	mayonnaise

5 g	Salt
5 g	Pepper

Directions

Step 1

Drain and rinse the jackfruit. Use your hands to shred the jackfruit into smaller pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat a pan over medium heat and add the shredded jackfruit. Cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

Season the jackfruit with salt and pepper to taste. Cook for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Toaster

Toast the bread slices until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spread mayonnaise on one side of each bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Layer lettuce, tomato slices, and jackfruit on one slice of bread. Top with another slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Repeat step 6 to make additional sandwiches.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 2 g

Protein: 10 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Fibers	10 g	26.32%	40%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
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	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Mexican Thai Mediterranean Spanish American Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers Side Dishes Salads

Cultural

Chinese New Year Diwali Hanukkah Easter

Demographics

Diabetic Friendly

Diet

Vegan Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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