

BLT

Everyone loves a BLT, but this one is pretty macro friendly in addition to being delicious.

PREP TIME

5 mins

COOK TIME

5 mins

TOTAL TIME

10 mins



COURSE

Lunch



SERVINGS

1 serving

CALORIES

480 kcal

INGREDIENTS

- 2 slices Dave's Killer Bread
- 2 oz Upton Natural's Bacon
- 2 Tbsp Reduced Fat Vegenaise
- 2 slices Lettuce
- 2 slices tomato

INSTRUCTIONS

1. Toast the bread in a toaster.
2. In a frying pan over medium heat, cook the seitan bacon until its crispy, about 5 min.
3. Assemble your BLT using reduced fat Vegenaise, lettuce, tomato, and bacon.
4. Cut and serve!

NOTES

NUTRITION

Nutrition Facts

BLT

Amount Per Serving

Calories	480	Calories from Fat	162
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		% Daily Value*	
Fat	18g	28%	
Monounsaturated Fat	8g		
Sodium	774mg	34%	
Potassium	230mg	7%	
Carbohydrates	59g	20%	
Fiber	8g	33%	
Sugar	10g	11%	
Protein	25g	50%	
Calcium	40mg	4%	
Iron	2.9mg	16%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!