

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 Vegenaïse
- 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 Vegenaïse, lettuce, tomato, and bacon.
4. Cut and serve!

NOTES

NUTRITION

Nutrition Facts

BLT

Amount Per Serving

Calories 480 Calories from Fat 162

% 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!