

# 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!

## NUTRITION

## Nutrition Facts

BLT

### Amount Per Serving

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

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



## Tried this recipe?

Let us know how it was!