



BLT sandwich

10'
Hands on

5'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

- 4 slices bacon
- 4 slices [sandwich bread](#)
- 2-4 tablespoon(s) [homemade mayonnaise](#)
- 2 lettuce leaves
- 1 tomato, cut into slices

Διατροφικός πίνακας

Nutrition information per portion

601 Calories (kcal)	44.0 Total Fat (g)	5.8 Saturated Fat (g)	35.0 Total Carbs (g)
30%	63%	29%	13%
5.1 Sugars (g)	14.0 Protein (g)	2.8 Fibre (g)	2.1 Sodium (g)
6%	28%	11%	35%

Method

- Heat a [frying pan](#) over medium heat.
- Place the bacon slices into the pan and cook them for 2 minutes on each side, until golden.
- Remove the bacon slices from the pan and transfer them to a plate with paper towels.
- Add the bread slices into the pan and toast them for 1 minute on each side.
- Remove the pan from the heat and transfer the bread slices onto your working surface.
- Spread the bread slices with the mayonnaise.
- Place the lettuce leaves on 2 of the bread slices, on top of the mayonnaise.
- Divide the tomato slices on top of each lettuce leaf and add 2 bacon slices over them.
- Cover with the other two bread slices to create 2 sandwiches.
- Serve.