



ALT (Avocado, Lettuce, and Tomato) Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

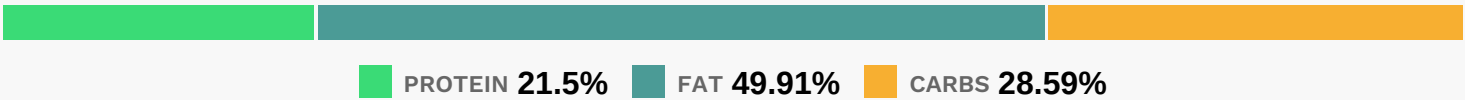
- ☐ 1 avocado peeled sliced
- ☐ 4 large leaves boston lettuce
- ☐ 12 slices cucumber very thin
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 3.1 ounce swiss cheese reduced-fat reduced-sodium (such as Alpine Lace)
- ☐ 1 ounce whole-grain bread with flaxseed, toasted
- ☐ 1 large tomatoes ripe thinly sliced

Equipment

Directions

- ☐ Spread mayonnaise on the 8 slices of bread.
- ☐ Layer 4 slices with 1 lettuce leaf, 1 slice tomato, 1 slice avocado, 3 slices cucumber, and 1 slice cheese; top with remaining bread slices.
- ☐ Cut sandwiches in half diagonally.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:2.71, Inflammation Score:-7, Nutrition Score:11.906086897073%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 156.02kcal (7.8%), Fat: 9.1g (14%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 6.94g (2.52%), Sugar: 3.28g (3.65%), Cholesterol: 8.27mg (2.76%), Sodium: 137.46mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.63%), Vitamin K: 33.4µg (31.8%), Calcium: 240.52mg (24.05%), Vitamin A: 997.69IU (19.95%), Phosphorus: 193.85mg (19.39%), Fiber: 4.78g (19.13%), Folate: 65.7µg (16.43%), Manganese: 0.32mg (15.91%), Vitamin C: 12.49mg (15.13%), Potassium: 461.19mg (13.18%), Vitamin B6: 0.22mg (11.07%), Vitamin B2: 0.18mg (10.58%), Zinc: 1.44mg (9.63%), Magnesium: 37.5mg (9.38%), Vitamin E: 1.38mg (9.17%), Vitamin B5: 0.86mg (8.6%), Copper: 0.16mg (8.15%), Vitamin B3: 1.54mg (7.7%), Selenium: 4.93µg (7.05%), Vitamin B1: 0.1mg (6.51%), Vitamin B12: 0.37µg (6.11%), Iron: 0.86mg (4.77%)