



Avocado and Jack Cheese Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces arugula
- 2 tablespoons cilantro leaves minced
- 1 garlic clove minced
- 0.3 teaspoon ground cayenne
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 2 haas avocados thick cut into slices
- 1 large jalapeño minced seeded

- 1 teaspoon juice of lime fresh
- 2 tablespoons mayonnaise
- 4 ounces monterrey jack cheese sliced at room temperature
- 4 servings salt and pepper freshly ground
- 2 scallions white green finely chopped
- 2 tablespoons cup heavy whipping cream sour
- 8.5 inch thick of sourdough bread
- 0.5 pound tomatillos husked
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan

Directions

- Heat a medium skillet until hot to the touch.
- Add the tomatillos and cook over high heat, turning, until blackened in spots but not mushy, about 5 minutes.
- Transfer the tomatillos to a plate.
- Add the oil to the skillet along with the cumin, coriander and cayenne and cook over moderate heat just until fragrant, about 30 seconds; let cool.
- Coarsely chop the tomatillos and transfer to a medium bowl.
- Add the scallions, garlic, jalapeo, cilantro, lime juice and spiced oil. Season the salsa with salt and pepper.
- In a bowl, stir the sour cream and mayonnaise with 1/2 cup of the salsa.
- Lightly toast the bread.
- Spread the creamy salsa on each slice of toast and top half of the slices with the arugula, avocados and Jack cheese. Close the sandwiches, cut them in half and serve with the remaining salsa on the side.

Nutrition Facts

PROTEIN 10.68% FAT 72.79% CARBS 16.53%

Properties

Glycemic Index:98.13, Glycemic Load:3.37, Inflammation Score:-8, Nutrition Score:20.960434955099%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg, Kaempferol: 9.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 401.64kcal (20.08%), Fat: 34.16g (52.56%), Saturated Fat: 9.64g (60.27%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 8.69g (3.16%), Sugar: 4.44g (4.93%), Cholesterol: 31.71mg (10.57%), Sodium: 459.55mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin K: 90.05µg (85.76%), Fiber: 8.76g (35.05%), Vitamin C: 27.06mg (32.8%), Folate: 130.53µg (32.63%), Calcium: 291.06mg (29.11%), Vitamin A: 1309.38IU (26.19%), Potassium: 819.29mg (23.41%), Phosphorus: 232.73mg (23.27%), Vitamin E: 3.24mg (21.61%), Manganese: 0.39mg (19.46%), Vitamin B2: 0.33mg (19.44%), Vitamin B6: 0.37mg (18.7%), Vitamin B5: 1.74mg (17.37%), Magnesium: 66.99mg (16.75%), Vitamin B3: 3.28mg (16.41%), Copper: 0.29mg (14.48%), Zinc: 1.89mg (12.62%), Iron: 1.98mg (11.01%), Vitamin B1: 0.16mg (10.49%), Selenium: 7.02µg (10.03%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.18µg (1.23%)