



Avocado and Sprout Sandwiches

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

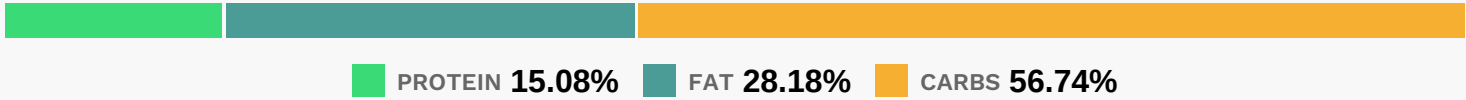
- ☐ 1 large avocado cut into 12 slices
- ☐ 0.5 cup bean sprouts
- ☐ 3 tablespoons pepper jelly red
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 oz provolone cheese
- ☐ 3 tablespoons pumpkin seeds toasted
- ☐ 8 slices sourdough bread

Equipment

Directions

- ☐ Spread pepper jelly on 1 side of 4 bread slices; layer each with cheese, avocado, and sprouts.
- ☐ Sprinkle with pumpkin seeds and salt and pepper to taste.
- ☐ Spread cream cheese on 1 side of remaining bread slices; place on sandwiches, cheese sides down.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:51.76, Inflammation Score:-8, Nutrition Score:25.006521473112%

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 501.33kcal (25.07%), Fat: 16.1g (24.76%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 72.93g (24.31%), Net Carbohydrates: 65.89g (23.96%), Sugar: 7.22g (8.02%), Cholesterol: 4.89mg (1.63%), Sodium: 827.21mg (35.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.39g (38.77%), Vitamin B1: 0.98mg (65.27%), Manganese: 1.13mg (56.43%), Selenium: 38.63µg (55.19%), Folate: 214.36µg (53.59%), Vitamin B2: 0.67mg (39.31%), Vitamin B3: 7.6mg (37.98%), Iron: 6.14mg (34.1%), Phosphorus: 297.15mg (29.71%), Fiber: 7.04g (28.15%), Magnesium: 105.65mg (26.41%), Copper: 0.42mg (20.82%), Vitamin C: 15.81mg (19.17%), Zinc: 2.54mg (16.93%), Vitamin K: 16.95µg (16.14%), Vitamin B6: 0.31mg (15.7%), Potassium: 499.34mg (14.27%), Calcium: 132.24mg (13.22%), Vitamin B5: 1.29mg (12.88%), Vitamin E: 1.61mg (10.75%), Vitamin A: 358.6IU (7.17%), Vitamin B12: 0.1µg (1.72%)