



Avocado and Tomato Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



145 min.

SERVINGS



1

CALORIES



1644 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 medium avocado cubed
- 6 slices bacon
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 3 drops hot sauce red
- 4 cups the salad
- 0.5 teaspoon salt
- 2 medium tomatoes cut into 1/2-inch pieces

- 3 tablespoons vegetable oil
- 1 tablespoon vinegar white

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Cook bacon in 10-inch skillet over medium heat, turning occasionally, until crisp; drain and crumble.
- Mix oil, vinegar, salt, pepper and red pepper sauce.
- Pour over avocados in medium bowl; toss. Stir in bacon, tomatoes and onion. Cover and refrigerate about 2 hours.
- Just before serving, place on salad greens, using slotted spoon.

Nutrition Facts

 **PROTEIN 6.85%**  **FAT 80.38%**  **CARBS 12.77%**

Properties

Glycemic Index:187, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:58.07043504715%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg, Quercetin: 9.55mg

Nutrients (% of daily need)

Calories: 1644.03kcal (82.2%), Fat: 152.95g (235.3%), Saturated Fat: 32.44g (202.77%), Carbohydrates: 54.66g (18.22%), Net Carbohydrates: 24.02g (8.73%), Sugar: 10.86g (12.07%), Cholesterol: 87.12mg (29.04%), Sodium:

2199.88mg (95.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.69%), Vitamin K: 179.53µg (170.98%), Vitamin C: 116.23mg (140.88%), Fiber: 30.64g (122.55%), Folate: 429.54µg (107.39%), Vitamin E: 13.57mg (90.46%), Vitamin A: 4509.57IU (90.19%), Potassium: 3135.88mg (89.6%), Vitamin B6: 1.76mg (88.12%), Vitamin B3: 14.7mg (73.51%), Vitamin B5: 6.78mg (67.83%), Manganese: 1.2mg (59.89%), Phosphorus: 533.53mg (53.35%), Copper: 1.07mg (53.3%), Vitamin B1: 0.79mg (52.83%), Magnesium: 181.85mg (45.46%), Vitamin B2: 0.77mg (45.29%), Selenium: 29.08µg (41.54%), Zinc: 4.96mg (33.09%), Iron: 4.57mg (25.39%), Calcium: 112.47mg (11.25%), Vitamin B12: 0.66µg (11%), Vitamin D: 0.53µg (3.52%)