



HEALTH SCORE

70%

Avocado and Tomato Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



145 min.

SERVINGS



3

CALORIES



548 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 slices bacon



3 tablespoons vegetable oil



1 tablespoon vinegar white



0.5 teaspoon salt



0.1 teaspoon pepper



3 drops hot sauce red



2 medium avocado cubed



2 medium tomatoes cut into 1/2-inch pieces

- ☐ 0.3 cup onion chopped
- ☐ 4 cups the salad

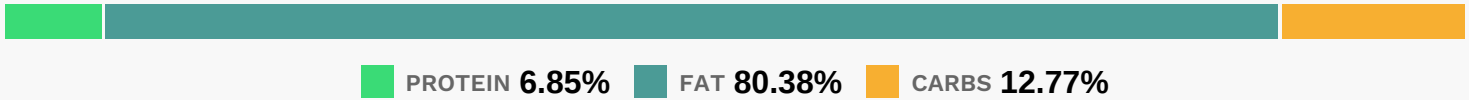
Equipment

- ☐ 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



Properties

Glycemic Index:62.33, Glycemic Load:2.11, Inflammation Score:-9, Nutrition Score:21.411304385766%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 548.01kcal (27.4%), Fat: 50.98g (78.43%), Saturated Fat: 10.81g (67.59%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 8.01g (2.91%), Sugar: 3.62g (4.02%), Cholesterol: 29.04mg (9.68%), Sodium: 733.29mg

(31.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Vitamin K: 59.84µg (56.99%), Vitamin C: 38.74mg (46.96%), Fiber: 10.21g (40.85%), Folate: 143.18µg (35.8%), Vitamin E: 4.52mg (30.15%), Vitamin A: 1503.19IU (30.06%), Potassium: 1045.29mg (29.87%), Vitamin B6: 0.59mg (29.37%), Vitamin B3: 4.9mg (24.5%), Vitamin B5: 2.26mg (22.61%), Manganese: 0.4mg (19.96%), Phosphorus: 177.84mg (17.78%), Copper: 0.36mg (17.77%), Vitamin B1: 0.26mg (17.61%), Magnesium: 60.62mg (15.15%), Vitamin B2: 0.26mg (15.1%), Selenium: 9.69µg (13.85%), Zinc: 1.65mg (11.03%), Iron: 1.52mg (8.46%), Calcium: 37.49mg (3.75%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.18µg (1.17%)