



## Avocado, Bacon, Ham & Cheese Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

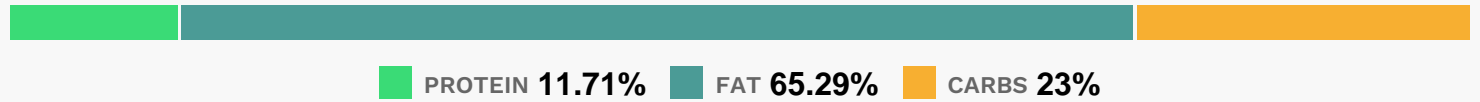
- 4 slices avocado
- 4 slices oscar mayer bacon cooked
- 1 green onion sliced
- 4 slices oscar mayer baked ham cooked
- 4 singles kraft
- 0.5 cup lettuce shredded
- 0.3 cup real mayo mayonnaise kraft
- 8 slices bread whole wheat toasted

# Equipment

## Directions

- Spread 4 toast slices with mayo; sprinkle with onions.
- Fill toast slices with remaining ingredients to make 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:22.37, Glycemic Load:6.27, Inflammation Score:-4, Nutrition Score:10.911739061708%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 253.81kcal (12.69%), Fat: 18.95g (29.16%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 9.69g (3.52%), Sugar: 1.53g (1.7%), Cholesterol: 15.17mg (5.06%), Sodium: 337.39mg (14.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Manganese: 0.57mg (28.53%), Vitamin K: 26.49µg (25.23%), Fiber: 5.33g (21.33%), Selenium: 10.46µg (14.95%), Folate: 59.14µg (14.78%), Vitamin B1: 0.22mg (14.73%), Vitamin B3: 2.87mg (14.36%), Vitamin B6: 0.27mg (13.36%), Phosphorus: 120.53mg (12.05%), Potassium: 399.15mg (11.4%), Vitamin B5: 1.08mg (10.79%), Vitamin E: 1.6mg (10.7%), Magnesium: 37.92mg (9.48%), Copper: 0.18mg (8.88%), Vitamin B2: 0.15mg (8.77%), Zinc: 1.16mg (7.73%), Vitamin C: 6.17mg (7.48%), Iron: 1.07mg (5.96%), Calcium: 49.55mg (4.96%), Vitamin A: 131.53IU (2.63%), Vitamin B12: 0.12µg (2.04%)