



Avocado-Bacon Toasts



Dairy Free



Popular

READY IN



9 min.

SERVINGS



4

CALORIES



347 kcal

Ingredients

- ☐ 2 medium avocados pitted ripe halved
- ☐ 8 slices bacon crispy cooked
- ☐ 4 servings coarse salt to taste
- ☐ 4 teaspoons olive oil extra virgin
- ☐ 1 lime cut into quarters
- ☐ 4 slices wheat bread white

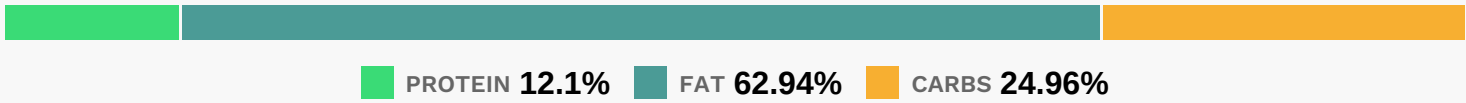
Equipment

- ☐ grill
- ☐ panini press

Directions

- ☐ Heat the panini maker according to the manufacturer’s directions.
- ☐ Drizzle olive oil over each slice of bread and grill the bread, two slices at a time, until they’re toasted, about 2 minutes.For each toast: Criss-cross two slices of bacon on a slice of grilled bread.
- ☐ Lay an avocado half on top of the bacon and smash it with the back of a spoon to spread it around the toast. Squeeze lime juice over the top and season the avocado with coarse salt to taste.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:8.39, Inflammation Score:-5, Nutrition Score:16.147826161074%

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 Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 347.18kcal (17.36%), Fat: 25.42g (39.1%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 13.79g (5.01%), Sugar: 2.18g (2.42%), Cholesterol: 15.84mg (5.28%), Sodium: 596.04mg (25.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (21.99%), Manganese: 0.75mg (37.29%), Fiber: 8.88g (35.53%), Vitamin K: 25.8µg (24.57%), Folate: 94.5µg (23.63%), Vitamin B3: 4.7mg (23.51%), Selenium: 15.81µg (22.58%), Vitamin B6: 0.41mg (20.58%), Vitamin E: 2.91mg (19.41%), Potassium: 654.43mg (18.7%), Vitamin B1: 0.27mg (18.1%), Vitamin C: 14.92mg (18.09%), Vitamin B5: 1.8mg (18.03%), Phosphorus: 176.71mg (17.67%), Magnesium: 56.67mg (14.17%), Copper: 0.28mg (14.1%), Vitamin B2: 0.22mg (12.8%), Zinc: 1.64mg (10.96%), Iron: 1.55mg (8.59%), Calcium: 65.15mg (6.51%), Vitamin A: 161.87IU (3.24%), Vitamin B12: 0.17µg (2.91%)