

Avocado BLTs

 Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted halved thinly sliced
- ☐ 0.5 pound bacon
- ☐ 1 baguette whole-wheat split cut into 4 pieces and open
- ☐ 1 cup fris e
- ☐ 1 clove garlic
- ☐ 4 servings kosher salt
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground

☐ 4 plum tomatoes halved lengthwise

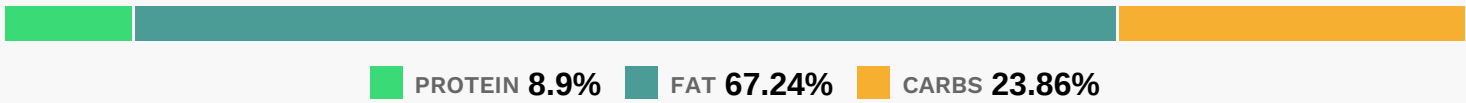
Equipment

- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Cook the bacon in a large skillet over medium heat until crisp, 8 to 10 minutes.
- ☐ Transfer to a paper-towel-lined plate. Season the cut sides of the tomatoes with salt.
- ☐ Heat a grill pan over high heat.
- ☐ Brush the cut sides of the baguette with the olive oil and grill, cut-side down, until toasted, about 2 minutes. Rub the grilled sides with the garlic. Rub just the bottom halves of bread with the tomatoes until most of the juice is absorbed, then top with the tomato skins and season with salt and pepper.
- ☐ Layer the avocado slices on top of the tomatoes, then add the bacon and frisee. Close with the bread tops.
- ☐ Per serving: Calories 540; Fat 39 g (Saturated 7 g); Cholesterol 21 mg; Sodium 742 mg; Carbohydrate 37 g; Fiber 11 g; Protein 15 g
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:22.08, Inflammation Score:-8, Nutrition Score:22.436521747838%

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 Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 697kcal (34.85%), Fat: 53.12g (81.73%), Saturated Fat: 11.97g (74.82%), Carbohydrates: 42.41g (14.14%), Net Carbohydrates: 33.58g (12.21%), Sugar: 5.23g (5.81%), Cholesterol: 37.42mg (12.47%), Sodium: 968.55mg (42.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.65%), Vitamin B1: 0.62mg (41.01%), Folate: 161.32µg (40.33%), Vitamin B3: 7.3mg (36.48%), Fiber: 8.83g (35.32%), Vitamin K: 36.48µg (34.75%), Selenium: 22.7µg (32.43%), Vitamin E: 4.86mg (32.39%), Manganese: 0.55mg (27.51%), Vitamin B6: 0.54mg (27.06%), Vitamin C: 21.1mg (25.57%), Potassium: 845.85mg (24.17%), Vitamin B2: 0.4mg (23.23%), Phosphorus: 213.37mg (21.34%), Vitamin B5: 2.02mg (20.2%), Iron: 3.27mg (18.19%), Copper: 0.34mg (16.78%), Vitamin A: 798.38IU (15.97%), Magnesium: 60.48mg (15.12%), Zinc: 1.94mg (12.95%), Calcium: 90.08mg (9.01%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.23µg (1.51%)