



Avocado Blts on Toasted Oatmeal Bread

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado very ripe
- ☐ 4 slices bread soft toasted
- ☐ 1 head boston lettuce separated
- ☐ 4 leaves basil fresh
- ☐ 0.5 juice of lemon
- ☐ 4 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 servings pepper black freshly ground to taste

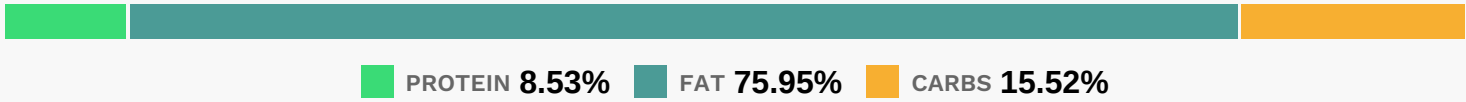
- ☐ 6 slices bacon thick-cut crisp cooked
- ☐ 2 tomatoes sliced (preferably heirloom)

Equipment

Directions

- ☐ Place the tomatoes in a portable container.
- ☐ Sprinkle with the salt, pepper, and basil and drizzle with the olive oil.
- ☐ Cut the avocado in half and scoop out the flesh. In another container, mash it with the mayonnaise and lemon juice. Seal the containers until serving time. Then spread each slice of bread with the avocado mayonnaise and make 2 sandwiches, dividing the bacon, lettuce, and tomatoes evenly between them.
- ☐ Suggestions for the kids
- ☐ Use regular mayonnaise instead of the avocado mayonnaise, remove the crusts, and cut into halves or quarters to serve.

Nutrition Facts



Properties

Glycemic Index:144.33, Glycemic Load:16.38, Inflammation Score:-10, Nutrition Score:36.921738956286%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 1113.63kcal (55.68%), Fat: 95.57g (147.03%), Saturated Fat: 22.16g (138.51%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 32.51g (11.82%), Sugar: 8.23g (9.14%), Cholesterol: 83.04mg (27.68%), Sodium: 1175.32mg (51.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Vitamin K: 175.32µg (166.97%), Vitamin A: 3983.63IU (79.67%), Manganese: 1.14mg (56.77%), Selenium: 39.39µg (56.27%), Folate: 210.55µg (52.64%), Vitamin B3: 10.26mg (51.31%), Vitamin B1: 0.69mg (46.17%), Fiber: 11.41g (45.64%), Vitamin E: 6.42mg (42.78%), Vitamin C: 33.11mg (40.13%), Vitamin B6: 0.78mg (39.02%), Potassium: 1283.45mg (36.67%), Phosphorus: 343.63mg (34.36%), Vitamin B5: 2.75mg (27.48%), Vitamin B2: 0.44mg (25.91%), Iron: 4.54mg (25.22%), Magnesium: 90.73mg (22.68%), Copper: 0.42mg (20.83%), Zinc: 2.93mg (19.51%), Calcium: 133.33mg (13.33%), Vitamin B12: 0.57µg (9.56%), Vitamin D: 0.49µg (3.25%)