



Avocado Ham Sandwiches

READY IN



20 min.

SERVINGS



6

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado ripe peeled mashed
- 1 Dash ground pepper
- 6 slices finely-chopped ham fully cooked
- 6 tablespoons cream cheese softened
- 2 tablespoons mayonnaise
- 12 slices sourdough bread whole wheat
- 6 slices swiss cheese

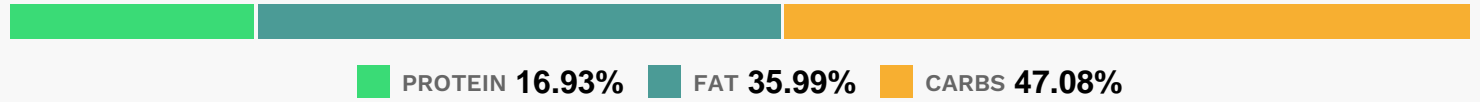
Equipment

bowl

Directions

- In a small bowl, combine the first three ingredients; spread on six slices of bread. Top with ham and Swiss.
- Spread cream cheese on remaining bread; place over Swiss cheese.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:51.75, Inflammation Score:-7, Nutrition Score:24.760434982407%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 592.83kcal (29.64%), Fat: 23.91g (36.78%), Saturated Fat: 8.44g (52.73%), Carbohydrates: 70.37g (23.46%), Net Carbohydrates: 65.31g (23.75%), Sugar: 6.71g (7.45%), Cholesterol: 52.85mg (17.62%), Sodium: 1202.92mg (52.3%), Alcohol: 0g (100%), Protein: 25.3g (50.6%), Vitamin B1: 1.09mg (72.36%), Selenium: 48.76µg (69.66%), Folate: 188.5µg (47.13%), Vitamin B2: 0.74mg (43.69%), Vitamin B3: 7.77mg (38.86%), Manganese: 0.73mg (36.73%), Phosphorus: 347.7mg (34.77%), Iron: 5.48mg (30.42%), Calcium: 238.02mg (23.8%), Fiber: 5.07g (20.26%), Zinc: 2.99mg (19.95%), Magnesium: 63.54mg (15.89%), Vitamin B6: 0.32mg (15.78%), Vitamin B12: 0.95µg (15.76%), Vitamin K: 16.09µg (15.33%), Copper: 0.3mg (15.08%), Vitamin B5: 1.3mg (13.01%), Potassium: 423.39mg (12.1%), Vitamin C: 9.89mg (11.98%), Vitamin E: 1.35mg (8.98%), Vitamin A: 394.71IU (7.89%)