



Avocado Nests

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

Ingredients

- 2 avocado
- 2 hardboiled eggs
- 2 cups hash browns frozen
- 4 strips bacon
- 4 servings mayonnaise
- 4 servings salt and pepper

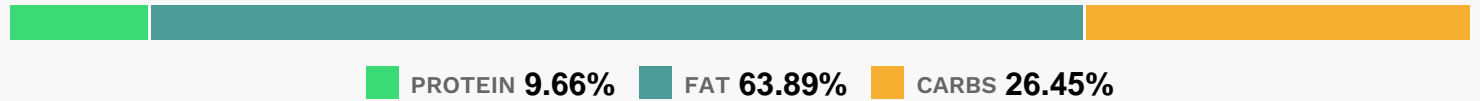
Equipment

- oven

Directions

- Cook hash browns according to direction.
- Cut bacon slices into thin strips and bake or fry as you prefer.
- Make deviled eggs; mix a bit of mayonaise or cream cheese with egg yolks and divide equally into the egg white halves.
- Cut avocados in half, remove seed and peel.
- Place hash browns on plate and sprinkle with bacon.
- Place eggs into seed cavity of avocados.
- Rest avocados on the bed of hash browns and bacon.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:6.06, Inflammation Score:-5, Nutrition Score:15.927391304348%

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

Nutrients (% of daily need)

Calories: 404.59kcal (20.23%), Fat: 29.8g (45.85%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 19.56g (7.11%), Sugar: 0.97g (1.07%), Cholesterol: 109.45mg (36.48%), Sodium: 425.97mg (18.52%), Protein: 10.13g (20.27%), Fiber: 8.2g (32.81%), Vitamin K: 27.7µg (26.38%), Potassium: 862.58mg (24.64%), Folate: 96.81µg (24.2%), Vitamin C: 18.66mg (22.62%), Vitamin B5: 2.21mg (22.14%), Vitamin B3: 4.4mg (21.98%), Vitamin B6: 0.44mg (21.94%), Selenium: 12.93µg (18.47%), Phosphorus: 177.13mg (17.71%), Vitamin B2: 0.29mg (17.19%), Vitamin E: 2.56mg (17.09%), Vitamin B1: 0.25mg (16.45%), Copper: 0.31mg (15.41%), Manganese: 0.31mg (15.29%), Magnesium: 45.88mg (11.47%), Iron: 1.98mg (11%), Zinc: 1.39mg (9.28%), Vitamin B12: 0.39µg (6.54%), Vitamin A: 287.47IU (5.75%), Vitamin D: 0.65µg (4.31%), Calcium: 36.6mg (3.66%)