



Avocado Prosciutto Ham Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

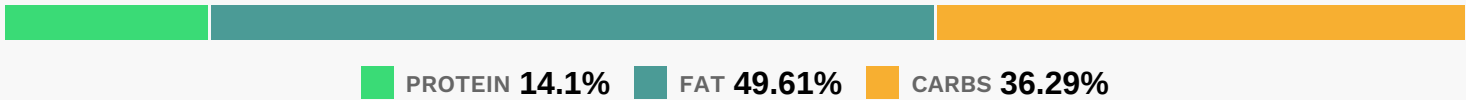
- ☐ 0.3 cup alfalfa sprouts
- ☐ 0.5 avocado pitted ripe
- ☐ 0.3 cup garbanzo beans canned rinsed drained
- ☐ 1 slice havarti cheese
- ☐ 1 slice pancetta
- ☐ 2 slices pumpernickel bread toasted
- ☐ 1 pinch salt
- ☐ 1.5 slices tomatoes

Equipment

Directions

- ☐
- Spread avocado on one slice of toasted pumpernickel bread.
- ☐
- Place garbanzo beans on top of avocado and sprinkle with salt. Top with prosciutto, tomato, Havarti cheese, and alfalfa sprouts. Top with another slice of bread to make a sandwich.

Nutrition Facts



Properties

Glycemic Index:174.33, Glycemic Load:17.35, Inflammation Score:-8, Nutrition Score:25.156956442024%

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: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 494.99kcal (24.75%), Fat: 28.37g (43.65%), Saturated Fat: 8.43g (52.68%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 33.35g (12.13%), Sugar: 2.08g (2.32%), Cholesterol: 29.92mg (9.97%), Sodium: 808.09mg (35.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Manganese: 1.39mg (69.62%), Fiber: 13.34g (53.36%), Folate: 177.02µg (44.26%), Phosphorus: 374.39mg (37.44%), Vitamin B6: 0.61mg (30.73%), Selenium: 20.94µg (29.91%), Vitamin B2: 0.45mg (26.41%), Vitamin K: 27.33µg (26.03%), Copper: 0.5mg (25.08%), Calcium: 247mg (24.7%), Potassium: 816.72mg (23.33%), Vitamin B1: 0.35mg (23.14%), Magnesium: 89.95mg (22.49%), Vitamin B3: 4.41mg (22.05%), Zinc: 3.23mg (21.55%), Vitamin B5: 2mg (19.99%), Vitamin C: 16.46mg (19.95%), Vitamin E: 2.8mg (18.63%), Iron: 3.16mg (17.56%), Vitamin A: 728.03IU (14.56%), Vitamin B12: 0.43µg (7.11%)