



Avocados with Warm Bacon Parsley Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- 2 firm-ripe avocados pitted peeled cut into 4 to 6 wedges
- 0.3 pound thin- bacon
- 4 servings pepper black freshly ground
- 2 tablespoons flat-leaf parsley chopped
- 3 garlic cloves minced
- 4 servings kosher salt
- 2 tablespoons juice of lemon fresh

1 teaspoon sugar

Equipment

frying pan

paper towels

Directions

Cook bacon in a large frying pan over medium–low heat until crisp.

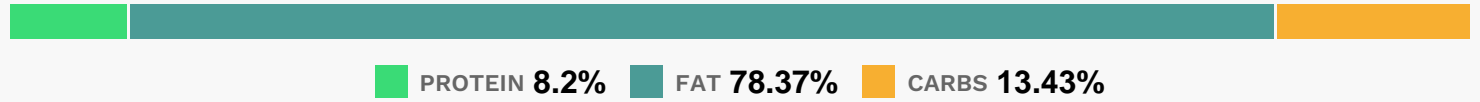
Drain on paper towels; let cool.

Remove pan from heat and discard all but 2 tbsp. bacon fat. Divide avocado wedges among 4 plates.

Heat reserved bacon fat over medium heat.

Add garlic, 1/4 cup water, the lemon juice, and sugar and simmer 1 minute, stirring. Season with salt and pepper. Stir in parsley and crumble in bacon. Immediately pour over avocado wedges and serve.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:13.282608654188%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 328.25kcal (16.41%), Fat: 29.83g (45.89%), Saturated Fat: 7.18g (44.85%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 4.61g (1.68%), Sugar: 1.89g (2.1%), Cholesterol: 24.95mg (8.32%), Sodium: 452.66mg (19.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin K: 54.11µg (51.53%), Fiber: 6.89g (27.58%), Folate: 86.03µg (21.51%), Vitamin C: 16.31mg (19.78%), Vitamin B6: 0.39mg (19.61%), Potassium: 591.48mg (16.9%), Vitamin B3: 3.32mg (16.59%), Vitamin B5: 1.64mg (16.38%), Vitamin E: 2.27mg (15.15%), Vitamin B1: 0.18mg (11.99%), Selenium: 8.34µg (11.91%), Phosphorus: 112.05mg (11.21%), Copper: 0.22mg (10.96%), Manganese: 0.2mg (10.09%), Vitamin B2: 0.17mg (9.84%), Magnesium: 35.87mg (8.97%), Zinc: 1.14mg (7.62%), Vitamin A: 330.4IU (6.61%), Iron: 0.89mg (4.93%), Vitamin B12: 0.19µg (3.15%), Calcium: 21.81mg (2.18%), Vitamin D: 0.15µg (1.01%)