



 31%  
HEALTH SCORE

## Bacon, Avocado, and Sun-Dried Tomato Sandwich

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large avocado cut into 1/4-inch slices
- 2 servings salt and pepper black
- 3 ounces sun-dried olives roughly chopped
- 2 tablespoons butter unsalted softened
- 4 slices bread
- 4 slices bread

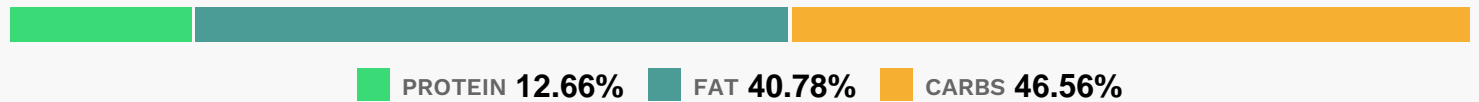
### Equipment

- frying pan
- paper towels

## Directions

- Add the bacon slices to a large skillet and set over medium heat. Cook, flipping occasionally, until slices are crispy.
- Remove and drain on paper towels.
- Meanwhile, toast the four slices of bread. When done, butter one side of each slice of bread. Top the buttered side of each with one slice of bacon broken in half crosswise, a quarter of the chopped sun-dried tomatoes, and a quarter of the sliced avocado. Season with salt and pepper.
- Serve the open-faced sandwiches immediately.

## Nutrition Facts



## Properties

Glycemic Index:104.7, Glycemic Load:35.24, Inflammation Score:-8, Nutrition Score:37.90565220299%

## 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: 655.37kcal (32.77%), Fat: 31.37g (48.26%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 80.58g (26.86%), Net Carbohydrates: 61.9g (22.51%), Sugar: 21.6g (24%), Cholesterol: 30.1mg (10.03%), Sodium: 751.87mg (32.69%), Alcohol: 0g (100%), Protein: 21.9g (43.8%), Manganese: 3.32mg (166%), Fiber: 18.68g (74.74%), Potassium: 2229.41mg (63.7%), Vitamin B3: 10.56mg (52.82%), Copper: 1.05mg (52.52%), Magnesium: 198.17mg (49.54%), Vitamin B1: 0.73mg (48.7%), Vitamin K: 49.11µg (46.77%), Selenium: 31.78µg (45.4%), Phosphorus: 444.45mg (44.44%), Iron: 7.29mg (40.5%), Folate: 157.78µg (39.45%), Vitamin C: 26.72mg (32.39%), Vitamin B6: 0.64mg (32.09%), Vitamin B2: 0.53mg (31.13%), Vitamin B5: 3.07mg (30.67%), Calcium: 244.88mg (24.49%), Zinc: 3.47mg (23.16%), Vitamin E: 3.01mg (20.09%), Vitamin A: 871.61IU (17.43%), Vitamin D: 0.21µg (1.4%)