



## Bacon Stuffed Avocados

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



384 kcal

SIDE DISH

### Ingredients

- 4 avocados pitted peeled halved
- 8 slices bacon
- 0.3 cup brown sugar
- 0.5 cup butter
- 2 cloves garlic chopped
- 0.3 cup red wine vinegar
- 8 servings salt to taste
- 1 tablespoon soya sauce

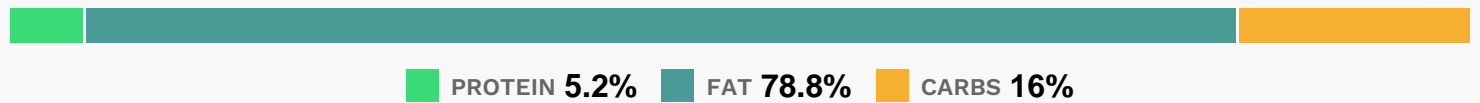
## Equipment

- frying pan
- paper towels
- sauce pan

## Directions

- Place bacon in a large skillet and cook over medium–high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon slices on paper towels; crumble.
- Mix butter, brown sugar, vinegar, soy sauce, and garlic in a saucepan; cook and stir mixture over medium heat until sugar is dissolved, about 10 minutes.
- Sprinkle avocado halves with salt; fill each half with crumbled bacon.
- Drizzle sauce over filled avocados.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:10.800000048202%

## 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 384.28kcal (19.21%), Fat: 35.02g (53.87%), Saturated Fat: 12.36g (77.24%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.39g (8.21%), Cholesterol: 45.02mg (15.01%), Sodium: 566.03mg (24.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Fiber: 6.77g (27.07%), Vitamin K: 22.11µg (21.06%), Folate: 82.33µg (20.58%), Vitamin E: 2.5mg (16.7%), Vitamin B6: 0.33mg (16.69%), Potassium: 554.26mg (15.84%), Vitamin B5: 1.56mg (15.56%), Vitamin B3: 2.74mg (13.71%), Vitamin C: 10.32mg (12.51%), Copper: 0.21mg

(10.48%), Vitamin A: 509.48IU (10.19%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 92.29mg (9.23%), Manganese: 0.18mg (8.86%), Vitamin B1: 0.13mg (8.77%), Magnesium: 34.08mg (8.52%), Selenium: 5.17µg (7.39%), Zinc: 0.94mg (6.26%), Iron: 0.8mg (4.42%), Calcium: 24.65mg (2.46%), Vitamin B12: 0.13µg (2.24%)