



Bacon, Tomato and Avocado Sandwich with Chipotle Aioli

READY IN



15 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium avocado pitted peeled sliced
- 0.5 lb bacon cooked sliced
- 1 chipotles in adobo chopped
- 14 oz ciabatta bread split (12 inches)
- 2 cloves garlic finely chopped
- 6 oz yogurt plain yoplait® (from 2-lb container)
- 2 tablespoons mayonnaise
- 2 medium tomatoes sliced

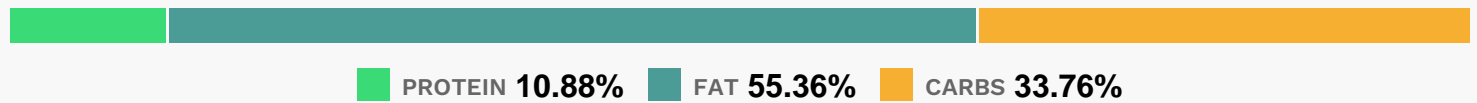
Equipment

bowl

Directions

- In small bowl, mix Chipotle Aioli ingredients. Cover and refrigerate until ready to serve.
- Spread bottom half of loaf with aioli. Top with tomatoes, avocados and bacon. Top with other half of loaf. To serve, cut into slices 2 inches thick.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:11.130869481875%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 475.87kcal (23.79%), Fat: 29.81g (45.87%), Saturated Fat: 7.87g (49.19%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 34.93g (12.7%), Sugar: 3.04g (3.38%), Cholesterol: 30.59mg (10.2%), Sodium: 623.97mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.37%), Fiber: 5.98g (23.92%), Vitamin K: 24.99µg (23.8%), Vitamin B6: 0.33mg (16.37%), Folate: 62.67µg (15.67%), Potassium: 545.85mg (15.6%), Vitamin C: 12.77mg (15.48%), Vitamin B3: 2.96mg (14.79%), Vitamin B5: 1.3mg (13.01%), Vitamin E: 1.94mg (12.94%), Phosphorus: 128.55mg (12.86%), Selenium: 8.74µg (12.48%), Vitamin B1: 0.18mg (11.67%), Vitamin B2: 0.17mg (9.87%), Vitamin A: 484.65IU (9.69%), Copper: 0.17mg (8.69%), Manganese: 0.16mg (8.21%), Magnesium: 32.17mg (8.04%), Zinc: 1.13mg (7.54%), Calcium: 50.52mg (5.05%), Vitamin B12: 0.3µg (4.99%), Iron: 0.74mg (4.08%), Vitamin D: 0.19µg (1.26%)