



BLAST (Bacon, Lettuce, Avocado, Shrimp and Tomato) Sandwich

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



1

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado mashed (stoned, scooped and)
- ☐ 4 slices bacon
- ☐ 2 slices bread
- ☐ 2 leaves lettuce
- ☐ 1 tablespoon mayonnaise
- ☐ 1 serving salt and pepper to taste
- ☐ 4 shrimp deveined peeled (and)

☐ 2 slices tomatoes

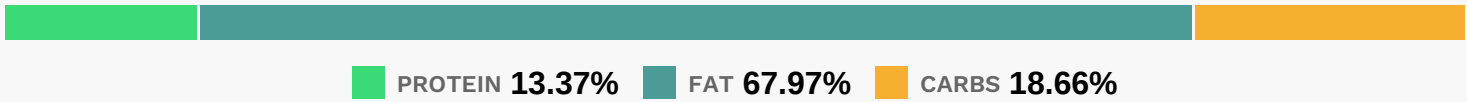
Equipment

☐ frying pan

Directions

- ☐ Cook the bacon in a pan and set aside.
- ☐ Season the shrimp with salt and pepper to taste.
- ☐ Add the shrimp to the pan and saute in the bacon grease until cooked, about 2-3 minutes per side.
- ☐ Mix the avocado and mayo.
- ☐ Assemble sandwich.

Nutrition Facts



Properties

Glycemic Index:218.67, Glycemic Load:15.71, Inflammation Score:-7, Nutrition Score:26.488695714785%

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: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 822.36kcal (41.12%), Fat: 63.04g (96.99%), Saturated Fat: 15.93g (99.55%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 29.14g (10.6%), Sugar: 5.69g (6.32%), Cholesterol: 128.36mg (42.79%), Sodium: 1189.06mg (51.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.8%), Vitamin K: 54.79µg (52.18%), Selenium: 34.56µg (49.37%), Manganese: 0.92mg (45.81%), Vitamin B3: 8.76mg (43.79%), Fiber: 9.81g (39.25%), Vitamin B1: 0.57mg (37.89%), Folate: 142.45µg (35.61%), Phosphorus: 355.92mg (35.59%), Vitamin B6: 0.61mg (30.28%), Potassium: 999.6mg (28.56%), Copper: 0.51mg (25.29%), Vitamin B5: 2.43mg (24.3%), Vitamin E:

3.34mg (22.3%), Vitamin C: 18.01mg (21.83%), Vitamin B2: 0.36mg (21.17%), Magnesium: 83.87mg (20.97%), Zinc: 2.94mg (19.58%), Iron: 3.38mg (18.78%), Vitamin A: 719.65IU (14.39%), Calcium: 121.58mg (12.16%), Vitamin B12: 0.46µg (7.61%), Vitamin D: 0.38µg (2.53%)