



B.L.A.S.T. Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 medium avocado peeled ()
- 0.5 inch beef-steak tomato
- 2 ounce bread whole-wheat toasted
- 3 ounce canadian bacon
- 1 large romaine lettuce leaf
- 2 teaspoons mayonnaise reduced-fat

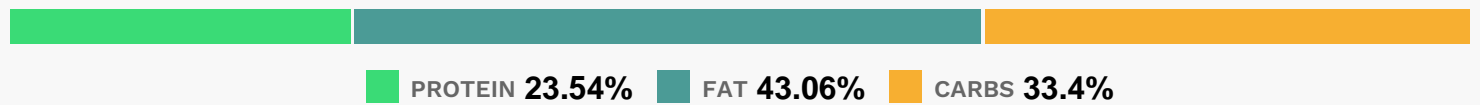
Equipment

- frying pan

Directions

- Cook bacon in a small nonstick skillet over medium heat 2 minutes on each side, or until golden.
- Remove from pan.
- Spread 1 side of each toast slice with 1 teaspoon mayonnaise.
- Layer lettuce, bacon, tomato, and avocado over mayonnaise on 1 toast slice. Cover with remaining toast slice, mayonnaise side down.

Nutrition Facts



Properties

Glycemic Index:136.67, Glycemic Load:14.99, Inflammation Score:-9, Nutrition Score:27.08391289089%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 424.91kcal (21.25%), Fat: 20.65g (31.77%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 36.04g (12.01%), Net Carbohydrates: 28.48g (10.36%), Sugar: 4.36g (4.85%), Cholesterol: 43.8mg (14.6%), Sodium: 1110.39mg (48.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.81%), Vitamin B1: 0.94mg (62.66%), Selenium: 38.19µg (54.56%), Vitamin A: 2558.31IU (51.17%), Vitamin B3: 9.78mg (48.91%), Vitamin K: 50.57µg (48.17%), Manganese: 0.84mg (42.01%), Folate: 146.89µg (36.72%), Phosphorus: 326.11mg (32.61%), Fiber: 7.56g (30.24%), Vitamin B6: 0.6mg (29.82%), Vitamin B2: 0.4mg (23.48%), Potassium: 786.66mg (22.48%), Vitamin B5: 1.92mg (19.25%), Iron: 3.29mg (18.28%), Vitamin D: 2.38µg (15.88%), Magnesium: 62.22mg (15.56%), Zinc: 2.29mg (15.28%), Copper: 0.27mg (13.54%), Vitamin E: 1.95mg (13.03%), Vitamin C: 8.41mg (10.19%), Calcium: 95.92mg (9.59%), Vitamin B12: 0.57µg (9.5%)