



BLT Pockets

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe peeled coarsely chopped
- 20 slices bacon
- 1 cup mayonnaise reduced-fat
- 8 6-inch pitas whole-wheat
- 4 cups romaine lettuce shredded
- 8 servings salt and pepper
- 4 tomatoes
- 1 teaspoon citrus champagne vinegar


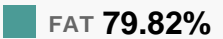

Equipment

- bowl
- frying pan
- baking sheet
- paper towels

Directions

- Line a large baking sheet with paper towels. In a large skillet over medium–high heat, fry half of bacon until crisp, turning once, about 10 minutes total.
- Place on baking sheet, pour fat out of skillet and repeat with remaining bacon.
- Let cool; break each slice into 4 pieces.
- In a bowl, combine mayonnaise, avocado and vinegar. Season with salt and pepper. Slice tomatoes into 6 rounds and cut each round in half.
- Cut pitas in half and open pockets. Divide avocado mixture among pitas, spreading evenly inside. Fill each half of a pita with 1/4 cup lettuce, 3 pieces of tomato and 5 pieces of bacon.

Nutrition Facts

 **PROTEIN 8.93%**  **FAT 79.82%**  **CARBS 11.25%**

Properties

Glycemic Index:21.88, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:14.834347818209%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 394.32kcal (19.72%), Fat: 35.64g (54.83%), Saturated Fat: 9.38g (58.61%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 6.68g (2.43%), Sugar: 3.23g (3.58%), Cholesterol: 40.78mg (13.59%), Sodium: 803.33mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin A: 2672.46IU (53.45%), Vitamin K: 54.53µg (51.94%), Folate: 83.25µg (20.81%), Fiber: 4.62g (18.48%), Vitamin B3: 3.55mg (17.75%), Vitamin C: 14.39mg (17.45%), Selenium: 12.08µg (17.25%), Vitamin B6: 0.34mg (17.15%), Potassium: 566.58mg (16.19%), Vitamin B1: 0.23mg (15.34%), Vitamin E: 2.25mg (15.02%), Phosphorus: 132.36mg (13.24%), Vitamin B5: 1.11mg (11.12%), Manganese: 0.19mg (9.57%), Copper: 0.17mg (8.67%), Vitamin B2: 0.14mg (8.13%), Magnesium: 32.08mg (8.02%), Zinc: 1.16mg (7.72%), Iron: 0.95mg (5.3%), Vitamin B12: 0.28µg (4.58%), Calcium: 25.38mg (2.54%), Vitamin D: 0.22µg (1.47%)