



BLT with Avocado Spread

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 extra avocado ripe
- ☐ 8 slices bread whole-wheat
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 small onion red thinly sliced
- ☐ 8 leaves romaine lettuce
- ☐ 0.5 teaspoon salt
- ☐ 2 medium tomatoes cut into 12 slices

☐ 8 slices at least of turkey bacon

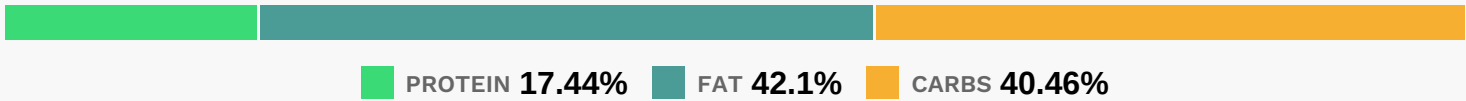
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Combine spread ingredients in a bowl. Mash until smooth and set aside. Prepare bacon as directed on package; drain thoroughly on paper towels. Toast bread.
- ☐ Place 4 slices on 4 plates.
- ☐ Spread an equal amount of avocado spread on each slice. Top each with 1/4 of the bacon, lettuce, tomato, and onion. Cover each with another slice of toast.
- ☐ Cut sandwiches in half and serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:48.92, Glycemic Load:15.86, Inflammation Score:-10, Nutrition Score:26.187826141067%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 374.24kcal (18.71%), Fat: 18.08g (27.82%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 31.08g (11.3%), Sugar: 7.19g (7.98%), Cholesterol: 27.44mg (9.15%), Sodium: 1207.63mg

(52.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.85g (33.7%), Vitamin A: 5491.39IU (109.83%), Vitamin K: 77.7µg (74%), Manganese: 0.93mg (46.71%), Folate: 183µg (45.75%), Selenium: 23.93µg (34.18%), Fiber: 8.03g (32.11%), Vitamin B3: 5.58mg (27.89%), Phosphorus: 267.49mg (26.75%), Vitamin C: 20.79mg (25.2%), Vitamin B1: 0.36mg (23.89%), Potassium: 766.54mg (21.9%), Vitamin B6: 0.41mg (20.48%), Iron: 3.66mg (20.35%), Vitamin B2: 0.33mg (19.53%), Magnesium: 63.56mg (15.89%), Copper: 0.3mg (14.8%), Zinc: 2.04mg (13.59%), Vitamin B5: 1.34mg (13.35%), Vitamin E: 1.88mg (12.5%), Calcium: 110.23mg (11.02%), Vitamin B12: 0.1µg (1.68%)