



California BLT

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 avocado pitted peeled thinly sliced
- 6 slices oscar mayer bacon fully cooked cut in half
- 2 lettuce leaves
- 1 pita bread halved
- 2 Tbsp classic ranch dressing kraft
- 0.5 cup tomatoes chopped

Equipment

Directions

- Fill pita bread halves with lettuce, bacon, avocados and tomatoes.
- Drizzle with dressing.

Nutrition Facts

PROTEIN 9.89% **FAT 71.52%** **CARBS 18.59%**

Properties

Glycemic Index:17.5, Glycemic Load:3.06, Inflammation Score:-3, Nutrition Score:3.0339130474174%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 101.49kcal (5.07%), Fat: 8.13g (12.51%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 3.82g (1.39%), Sugar: 0.45g (0.5%), Cholesterol: 9.49mg (3.16%), Sodium: 146.85mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin A: 438.15IU (8.76%), Vitamin K: 6.72µg (6.4%), Vitamin B3: 0.89mg (4.45%), Vitamin B1: 0.07mg (4.41%), Selenium: 2.83µg (4.04%), Phosphorus: 38.43mg (3.84%), Fiber: 0.93g (3.74%), Vitamin B6: 0.07mg (3.73%), Vitamin C: 2.89mg (3.5%), Manganese: 0.07mg (3.34%), Potassium: 110.49mg (3.16%), Folate: 12.55µg (3.14%), Vitamin B5: 0.27mg (2.66%), Vitamin E: 0.39mg (2.57%), Vitamin B2: 0.04mg (2.24%), Zinc: 0.29mg (1.96%), Copper: 0.04mg (1.95%), Magnesium: 7.55mg (1.89%), Iron: 0.26mg (1.45%), Vitamin B12: 0.07µg (1.18%)