



California BLT Pancake Sandwich

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



3

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 slices bacon
- 1 cup complete seasoning
- 0.7 cup water
- 0.5 large avocado ripe
- 2 tablespoons juice of lemon fresh
- 3 tablespoons mayonnaise
- 1 large tomatoes with salt sliced
- 5 leaves the of 1 cos lettuce cut into 4-inch-long pieces

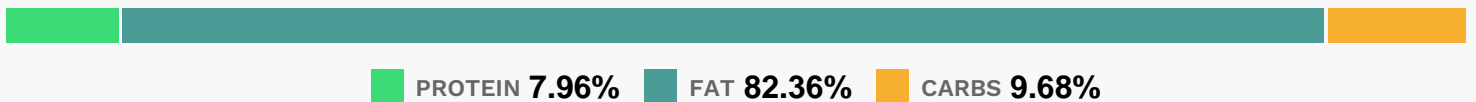
Equipment

- bowl
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Heat oven to 400°F. Line sheet pan or shallow baking pan with foil; place wire baking or roasting rack in pan. Arrange bacon slices over rack.
- Bake 10 to 15 minutes or until bacon is crisp. Cool.
- Meanwhile, in medium bowl, beat pancake mix and water with whisk until smooth. Follow directions on pancake mix box to make 6 (4-inch) round pancakes. Cool.
- Thinly slice half avocado; place slices on plate. Coat each slice with lemon juice to prevent browning. Set aside.
- To make sandwiches, spread each of 3 pancakes with desired amount of mayonnaise. Divide avocado slices among pancakes. Break bacon slices in half; place over avocado. Top with seasoned tomato slices and lettuce.
- Spread remaining 3 pancakes with mayonnaise; place mayonnaise side down over lettuce to make sandwiches.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:16.481304329375%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 322.75kcal (16.14%), Fat: 30.23g (46.52%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 4.01g (1.46%), Sugar: 2.7g (3%), Cholesterol: 30.08mg (10.03%), Sodium: 7441.11mg (323.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Vitamin A: 4642.2IU (92.84%), Vitamin K: 82.48µg (78.55%), Folate: 102.4µg (25.6%), Vitamin C: 17.4mg (21.09%), Fiber: 3.98g (15.93%), Potassium: 507.22mg (14.49%), Vitamin B6: 0.27mg (13.62%), Vitamin B3: 2.57mg (12.87%), Vitamin B1: 0.18mg (12.23%), Selenium: 8.02µg (11.46%), Vitamin E: 1.71mg (11.42%), Phosphorus: 102.52mg (10.25%), Manganese: 0.2mg (9.76%), Vitamin B5: 0.83mg (8.26%), Copper: 0.15mg (7.5%), Magnesium: 28.59mg (7.15%), Vitamin B2: 0.12mg (7.07%), Zinc: 0.89mg (5.93%), Iron: 0.99mg (5.49%), Vitamin B12: 0.2µg (3.34%), Calcium: 30.62mg (3.06%), Vitamin D: 0.17µg (1.16%)