



## California BLTs

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 haas avocados ripe
- 0.5 juice of lemon juiced
- 2 servings kosher salt and pepper black freshly ground
- 4 to 8 tender lettuce leaves green dry washed and spun very
- 4 tablespoons mayonnaise good (recommended: Hellman's)
- 6 slices bacon smoked thick-cut
- 1 large tomatoes ripe sliced
- 4 slices bread white good

## Equipment

- frying pan
- paper towels
- oven
- wire rack
- cutting board

## Directions

- Preheat the oven to 400 degrees F.
- Place a baking wire rack on a sheet pan and arrange the bacon on the rack in a single layer.
- Bake for 15 to 25 minutes, until the bacon is browned and crisp.
- Drain on paper towels and set aside.
- Place the bread slices on a sheet pan and toast them for 5 minutes. Turn the slices and toast for 1 more minute, until all the bread is evenly browned.
- Place 2 slices on a cutting board.
- Spread each slice with about 1 tablespoon of mayonnaise. Cover the slices with a layer of lettuce. Peel the avocado and slice it 1/2-inch thick. Toss the avocado slices gently with the lemon juice, and arrange on top of the lettuce leaves.
- Place 3 slices of bacon on top of each sandwich and then add a layer of tomato slices on top of the bacon.
- Sprinkle liberally with salt and pepper.
- Spread each of the remaining 2 slices of toasted bread with 1 tablespoon of mayonnaise and place, mayonnaise side down, on the sandwiches.
- Cut in half and serve.

## Nutrition Facts

  

 PROTEIN **9.01%**  FAT **74.45%**  CARBS **16.54%**

## Properties

Glycemic Index:117.39, Glycemic Load:19.29, Inflammation Score:-10, Nutrition Score:32.015652490699%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 962.04kcal (48.1%), Fat: 80.58g (123.97%), Saturated Fat: 20.22g (126.35%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 30.77g (11.19%), Sugar: 6.56g (7.28%), Cholesterol: 83.04mg (27.68%), Sodium: 1156.38mg (50.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Vitamin A: 4518.34IU (90.37%), Vitamin K: 74.2µg (70.66%), Selenium: 34.65µg (49.51%), Vitamin B1: 0.71mg (47.02%), Vitamin B3: 9.21mg (46.06%), Folate: 171.71µg (42.93%), Vitamin C: 34.06mg (41.28%), Fiber: 9.5g (38.01%), Vitamin B6: 0.72mg (35.92%), Manganese: 0.71mg (35.7%), Potassium: 1083.21mg (30.95%), Phosphorus: 306.68mg (30.67%), Vitamin E: 4.22mg (28.14%), Vitamin B2: 0.41mg (24.12%), Vitamin B5: 2.4mg (24.04%), Iron: 3.43mg (19.04%), Magnesium: 72.76mg (18.19%), Copper: 0.36mg (17.99%), Zinc: 2.66mg (17.7%), Calcium: 152.47mg (15.25%), Vitamin B12: 0.57µg (9.56%), Vitamin D: 0.49µg (3.25%)