



Carrot, Hummus & Avocado Sandwiches



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

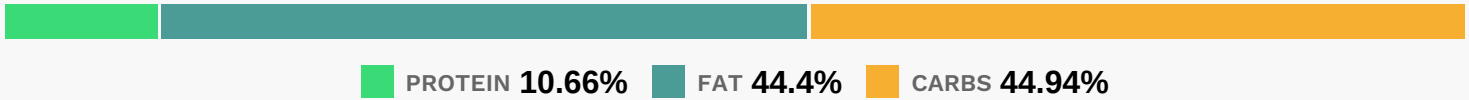
- ☐ 0.5 avocado
- ☐ 2 slices wholewheat bread
- ☐ 1 medium carrots grated peeled
- ☐ 2 tbsp water
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 serving grinding of pepper black good

Equipment

Directions

- ☐ Spread one slice of bread generously with hummus.
- ☐ Mash the avocado with a fork. Squeeze over a little lemon juice and mix with the avocado. This will stop the avocado discolouring, but will also add a lovely flavour to the sandwich filling.
- ☐ Spread the soft avocado over the second slice of bread.
- ☐ Top the avocado with the grated carrot. Season well with black pepper, then add the hummus coated top slice, face down.
- ☐ Cut in half and serve.
- ☐ Make mmmmmmm noises as you eat your sandwich.

Nutrition Facts



Properties

Glycemic Index:201, Glycemic Load:17.56, Inflammation Score:-10, Nutrition Score:25.918695740078%

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: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 392.6kcal (19.63%), Fat: 20.38g (31.35%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 33.85g (12.31%), Sugar: 7.14g (7.94%), Cholesterol: 0mg (0%), Sodium: 427.88mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Vitamin A: 10348.96IU (206.98%), Manganese: 1.14mg (57.2%), Fiber: 12.55g (50.21%), Folate: 168.51µg (42.13%), Vitamin K: 32.06µg (30.54%), Vitamin B3: 5.67mg (28.34%), Vitamin B1: 0.4mg (26.36%), Selenium: 17.39µg (24.84%), Potassium: 846.76mg (24.19%), Vitamin C: 19.57mg (23.72%), Vitamin B6: 0.47mg (23.59%), Copper: 0.46mg (23.16%), Vitamin B5: 2.08mg (20.82%), Magnesium: 81.8mg (20.45%), Phosphorus: 200.01mg (20%), Iron: 3.51mg (19.47%), Vitamin B2: 0.33mg (19.34%),

Vitamin E: 2.61mg (17.42%), Zinc: 1.93mg (12.86%), Calcium: 114.93mg (11.49%)