



## Chicken, Avocado, and Turkey-Bacon Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

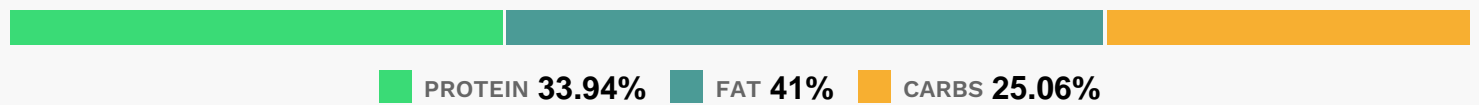
- 0.5 medium avocado sliced
- 0.5 pound chicken breast shredded
- 2 teaspoons dijon mustard
- 2 teaspoons mayonnaise light
- 4 slices whole-grain bread
- 0.5 plum tomatoes sliced
- 2 slices at least of turkey bacon

# Equipment

## Directions

- Spread mustard and mayo on all 4 slices of bread.
- Cook turkey bacon to desired crispness.
- Cut each piece in half.
- Layer 2 slices of bread with bacon, chicken, avocado, and tomato. Top with remaining slices.

## Nutrition Facts



## Properties

Glycemic Index:89.85, Glycemic Load:15.02, Inflammation Score:-6, Nutrition Score:24.348260635915%

## 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 Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 480.85kcal (24.04%), Fat: 21.89g (33.67%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 22.97g (8.35%), Sugar: 3.42g (3.8%), Cholesterol: 99.41mg (33.14%), Sodium: 749.32mg (32.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.76g (81.52%), Selenium: 47.96µg (68.52%), Manganese: 1.33mg (66.25%), Vitamin B3: 12.91mg (64.53%), Phosphorus: 436.69mg (43.67%), Vitamin B6: 0.78mg (38.79%), Fiber: 7.13g (28.51%), Zinc: 3.52mg (23.44%), Vitamin B1: 0.35mg (23.12%), Magnesium: 89.75mg (22.44%), Vitamin B5: 2.22mg (22.15%), Vitamin B2: 0.36mg (21.46%), Potassium: 744.17mg (21.26%), Iron: 3.5mg (19.47%), Folate: 73.99µg (18.5%), Vitamin K: 19.36µg (18.44%), Copper: 0.32mg (16.06%), Calcium: 117.12mg (11.71%), Vitamin E: 1.68mg (11.17%), Vitamin C: 7.17mg (8.69%), Vitamin B12: 0.38µg (6.32%), Vitamin A: 257IU (5.14%)