



Chicken-Avocado Club Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup avocado mashed
- 8 bibb lettuce leaves
- 0.3 teaspoon pepper black
- 0.5 teaspoon pepper black
- 1 pound chicken cutlets
- 2 slices bacon crumbled cooked
- 1 teaspoon garlic minced
- 0.1 teaspoon kosher salt

- 1 tablespoon juice of lime fresh
- 2 teaspoons canola mayonnaise
- 16 slices plum tomatoes
- 12 slices wheat bread toasted thin
- 2 teaspoons mustard yellow

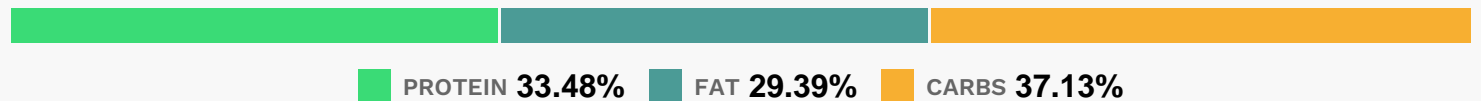
Equipment

- frying pan

Directions

- Heat cooking spray in a large skillet over medium-high heat.
- Sprinkle chicken with 1/4 teaspoon pepper and salt. Saut 3 minutes on each side or until done.
- Let stand 10 minutes. Slice chicken; toss with garlic.
- Combine avocado, lime juice, mayonnaise, and bacon. Divide avocado mixture evenly among 8 bread slices.
- Spread 1/2 teaspoon yellow mustard over 1 side of remaining 4 bread slices. Top each mustard-topped bread slice with 1 Bibb lettuce leaf and 2 plum tomato slices; sprinkle evenly with 1/4 teaspoon black pepper. Divide half of chicken among sandwiches; top each with 1 avocado-topped bread slice. Repeat layers.

Nutrition Facts



Properties

Glycemic Index:80.92, Glycemic Load:22.17, Inflammation Score:-8, Nutrition Score:31.806956773219%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 444.1kcal (22.2%), Fat: 14.51g (22.32%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 33.08g (12.03%), Sugar: 4.46g (4.95%), Cholesterol: 77.37mg (25.79%), Sodium: 694.22mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.18g (74.36%), Manganese: 1.99mg (99.73%), Selenium: 61.34µg (87.63%), Vitamin B3: 16.78mg (83.9%), Vitamin B6: 1.19mg (59.5%), Vitamin K: 49.61µg (47.24%), Phosphorus: 467.48mg (46.75%), Fiber: 8.16g (32.65%), Vitamin B1: 0.47mg (31.66%), Vitamin B5: 2.83mg (28.32%), Magnesium: 112.97mg (28.24%), Potassium: 928.83mg (26.54%), Folate: 93.43µg (23.36%), Vitamin A: 1126.76IU (22.54%), Vitamin B2: 0.33mg (19.67%), Iron: 3.29mg (18.3%), Zinc: 2.6mg (17.34%), Calcium: 163.75mg (16.38%), Copper: 0.31mg (15.68%), Vitamin E: 1.62mg (10.83%), Vitamin C: 8.14mg (9.86%), Vitamin B12: 0.27µg (4.55%)