



Chicken-Avocado Dagwoods

READY IN



10 min.

SERVINGS



4

CALORIES



753 kcal

Ingredients

- ☐ 2 california avocados peeled mashed
- ☐ 8 slices bacon cooked
- ☐ 8 lettuce leaves
- ☐ 2 tablespoons mayonnaise
- ☐ 0.1 teaspoon pepper
- ☐ 4 ounce provolone cheese
- ☐ 8 slices purple onion
- ☐ 8 slices roasted chicken breast (1/4-inch-thick)
- ☐ 0.1 teaspoon salt
- ☐ 8 slices sourdough bread toasted

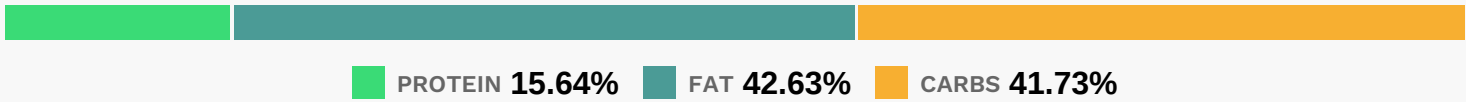
☐ 8 slices tomatoes

Equipment

Directions

- ☐ Spread 1 side of each toast slice evenly with mayonnaise; top 4 toast slices evenly with onion slices and next 5 ingredients.
- ☐ Spoon mashed avocado on top.
- ☐ Sprinkle with salt and pepper. Top with remaining toast slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.63, Glycemic Load:52.74, Inflammation Score:-10, Nutrition Score:36.188261177229%

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 Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 753.16kcal (37.66%), Fat: 36.37g (55.95%), Saturated Fat: 10.44g (65.24%), Carbohydrates: 80.1g (26.7%), Net Carbohydrates: 69.55g (25.29%), Sugar: 8.5g (9.44%), Cholesterol: 40.04mg (13.35%), Sodium: 1385.77mg (60.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.03%), Vitamin A: 3978.58IU (79.57%), Vitamin B1: 1.13mg (75.66%), Selenium: 50.38µg (71.97%), Folate: 265.98µg (66.5%), Vitamin B2: 0.87mg (50.88%), Vitamin B3: 10.15mg (50.77%), Manganese: 1.01mg (50.56%), Fiber: 10.55g (42.18%), Phosphorus: 418mg (41.8%), Iron: 6.4mg (35.53%), Vitamin K: 34.41µg (32.77%), Calcium: 319.8mg (31.98%), Vitamin B6: 0.6mg (29.87%), Potassium: 902.25mg (25.78%), Vitamin C: 21.04mg (25.5%), Zinc: 3.56mg (23.72%), Magnesium: 93.02mg (23.26%), Vitamin B5: 2.21mg (22.06%), Copper: 0.43mg (21.25%), Vitamin E: 2.88mg (19.18%), Vitamin B12: 0.6µg (10.06%), Vitamin D: 0.22µg (1.48%)