

Avocado & Goats Cheese Sandwich



HEALTH SCORE

63%

Creamy Avocado and Goats Cheese Sandwiches



Vegetarian



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

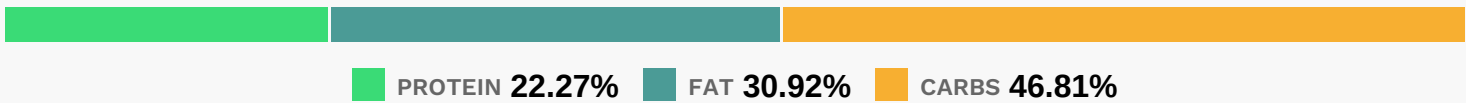
- ☐ 1 small avocado ripe sliced
- ☐ 1 handful tender baby spinach
- ☐ 30 g goats cheese
- ☐ 1 serving grinding of pepper black good
- ☐ 2 spring onion sliced
- ☐ 2 slices wholemeal bread

Equipment

Directions

- ☐ I didn't spread my bread with butter, but you can if you want to.
- ☐ Top the first slice with spinach leaves and spring onions.
- ☐ Next add the avocado slices.
- ☐ Crumble on the goats cheese.
- ☐ Drizzle some balsamic glaze over the top of your filling and season with black pepper.
- ☐ Top with the other slice of bread, cut in half and enjoy!

Nutrition Facts



Properties

Glycemic Index:165.7, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:23.657826216325%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 242.87kcal (12.14%), Fat: 8.55g (13.15%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 24.36g (8.86%), Sugar: 4.18g (4.64%), Cholesterol: 13.8mg (4.6%), Sodium: 390.26mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Vitamin K: 199.65µg (190.14%), Manganese: 1.55mg (77.47%), Vitamin A: 3366.31IU (67.33%), Vitamin C: 24.55mg (29.76%), Folate: 106.7µg (26.67%), Selenium: 15.77µg (22.52%), Phosphorus: 221.66mg (22.17%), Copper: 0.41mg (20.56%), Magnesium: 78.39mg (19.6%), Fiber: 4.76g (19.04%), Vitamin B1: 0.28mg (18.92%), Calcium: 182.5mg (18.25%), Iron: 3.21mg (17.81%), Vitamin B2: 0.29mg (16.91%), Vitamin B3: 2.98mg (14.91%), Vitamin B6: 0.28mg (14.16%), Potassium: 413.67mg (11.82%), Zinc: 1.53mg (10.2%), Vitamin E: 1.14mg (7.62%), Vitamin B5: 0.67mg (6.66%)