



Creamy Avocado/Guacamole Egg Salad Sandwich

 Dairy Free  Popular

READY IN



10 min.

SERVINGS



1

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium avocado
- ☐ 2 slices bread
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 3 slices bacon cooked
- ☐ 2 hardboiled eggs diced peeled
- ☐ 1 green onion sliced
- ☐ 0.5 small jalapeño diced finely

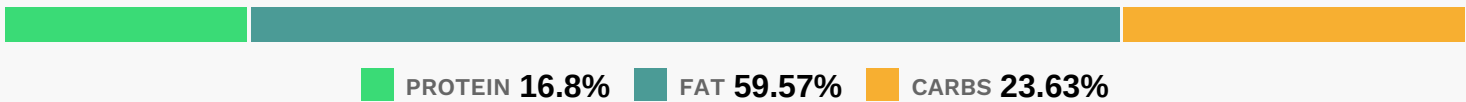
- ☐ 0.5 juice of lime
- ☐ 2 leaves lettuce
- ☐ 1 tablespoon mayonnaise
- ☐ 1 serving salt and pepper to taste
- ☐ 2 slices tomatoes

Equipment

Directions

- ☐ Mash the avocado, mayo, jalapeno, cilantro, lime juice and green onion, fold in the eggs and season with salt and pepper.Assemble the sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:314.67, Glycemic Load:15.98, Inflammation Score:-8, Nutrition Score:35.195217256961%

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: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 698.43kcal (34.92%), Fat: 47.01g (72.32%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 41.97g (13.99%), Net Carbohydrates: 31.58g (11.48%), Sugar: 7.63g (8.48%), Cholesterol: 402.64mg (134.21%), Sodium: 1088.72mg (47.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.65%), Selenium: 59.96µg (85.65%), Vitamin K: 82.56µg (78.62%), Vitamin B2: 0.87mg (51.46%), Folate: 197.76µg (49.44%), Manganese: 0.95mg (47.75%), Phosphorus: 417.27mg (41.73%), Fiber: 10.39g (41.57%), Vitamin C: 33.17mg (40.21%), Vitamin B3: 7.98mg (39.91%), Vitamin B5: 3.66mg (36.6%), Vitamin B1: 0.54mg (35.95%), Vitamin B6: 0.66mg (33.19%), Vitamin

E: 4.46mg (29.71%), Potassium: 1035.64mg (29.59%), Vitamin A: 1445.56IU (28.91%), Iron: 4.44mg (24.69%), Vitamin B12: 1.39µg (23.14%), Zinc: 3.22mg (21.45%), Magnesium: 81.5mg (20.38%), Copper: 0.37mg (18.44%), Calcium: 156.07mg (15.61%), Vitamin D: 2.32µg (15.49%)