



Crisp bacon & avocado toasts

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



432 kcal

Ingredients

- ☐ 4 bacon smoked
- ☐ 6 cherry tomatoes halved
- ☐ 1 small avocado ripe peeled
- ☐ 1 tablespoon juice of lime
- ☐ 1 pinch pepper dried
- ☐ 2 bread

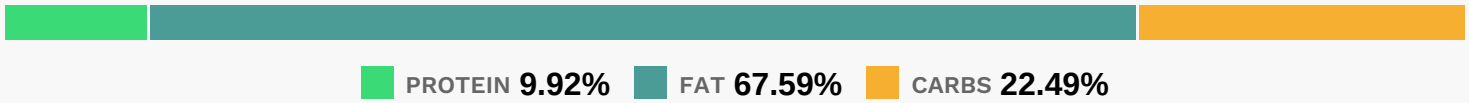
Equipment

- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Put the bacon and cherry tomatoes, cut side up, on a grill rack and grill for 10 mins, turning the bacon halfway through, until crisp. Meanwhile, roughly mash the avocado with a fork and stir in the lime juice, chilli flakes, some salt, if you like, and pepper.
- ☐ Toast the bread until golden and spoon on the mashed avocado. Top with the tomatoes and bacon, then serve.

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:7.88, Inflammation Score:-6, Nutrition Score:17.127391333165%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 432.2kcal (21.61%), Fat: 33.57g (51.65%), Saturated Fat: 8.2g (51.22%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 16.88g (6.14%), Sugar: 3.67g (4.08%), Cholesterol: 29.04mg (9.68%), Sodium: 437.33mg (19.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.16%), Fiber: 8.26g (33.03%), Vitamin C: 23.98mg (29.07%), Folate: 112.6µg (28.15%), Vitamin B3: 5.37mg (26.86%), Manganese: 0.54mg (26.85%), Selenium: 17.58µg (25.12%), Vitamin K: 24µg (22.86%), Vitamin B6: 0.45mg (22.53%), Vitamin B1: 0.32mg (21.61%), Potassium: 734.96mg (21%), Vitamin B5: 1.95mg (19.45%), Vitamin E: 2.64mg (17.63%), Phosphorus: 167.22mg (16.72%), Vitamin B2: 0.25mg (14.69%), Copper: 0.29mg (14.58%), Magnesium: 51.17mg (12.79%), Iron: 2.1mg (11.69%), Zinc: 1.53mg (10.22%), Vitamin A: 431.54IU (8.63%), Calcium: 56.08mg (5.61%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.18µg (1.17%)