



## Dinner Tonight: BLT with Avocado and Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 avocado sliced
- ☐ 2 leaves the of 1 cos lettuce (preferably iceberg, but romaine will work)
- ☐ 1 tablespoon mayonnaise
- ☐ 5 small shrimp raw ( 2 ounces, or so)
- ☐ 2 servings salt and pepper
- ☐ 2 slices bacon thick-cut
- ☐ 2 slices tomatoes thick
- ☐ 2 slices sandwich bread white

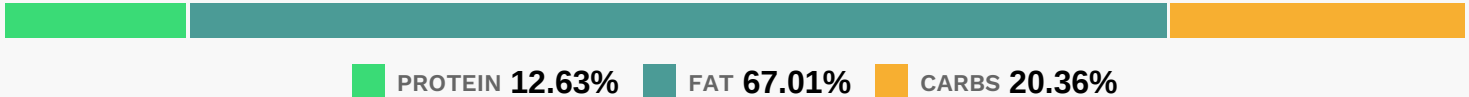
# Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

# Directions

- ☐ Bring a small pot of water to a boil.
- ☐ Add the shrimp, reduce the heat to medium, and cook until they are pink, about 30 seconds to a minute.
- ☐ Drain the water, and then toss the shrimp in an ice bath.
- ☐ Let cool down for a few minutes.
- ☐ Cook the slices of bacon in a skillet set over medium heat, turning often. You want crispy bacon here.
- ☐ Drain on paper towels when done.
- ☐ Meanwhile, toast the slices of bread.
- ☐ Construct the sandwich. Smear the mayonnaise on one side of each slice of toast.
- ☐ Place the lettuce on top of one of the slices of bread.
- ☐ Add the tomato slices on top of the lettuce, and then season each with a pinch of salt and pepper.
- ☐ Add the avocado slices next, then the bacon, and finally the shrimp. Season with another pinch of salt and pepper. Finally top with the last piece of toast, mayonnaise side down.
- ☐ Serve.

# Nutrition Facts



# Properties

Glycemic Index:101.39, Glycemic Load:9.43, Inflammation Score:-9, Nutrition Score:17.136521785156%

# Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 372.99kcal (18.65%), Fat: 28.2g (43.38%), Saturated Fat: 6.93g (43.3%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 14.43g (5.25%), Sugar: 2.75g (3.06%), Cholesterol: 58.2mg (19.4%), Sodium: 744.42mg (32.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.91%), Vitamin A: 2800.2IU (56%), Vitamin K: 52.92µg (50.4%), Selenium: 20.91µg (29.87%), Folate: 115.68µg (28.92%), Vitamin B3: 4.2mg (21.02%), Vitamin B1: 0.3mg (19.71%), Fiber: 4.85g (19.41%), Phosphorus: 183.57mg (18.36%), Vitamin B6: 0.33mg (16.55%), Manganese: 0.31mg (15.29%), Potassium: 507.08mg (14.49%), Vitamin E: 1.99mg (13.28%), Vitamin C: 9.84mg (11.93%), Vitamin B5: 1.19mg (11.85%), Copper: 0.22mg (10.9%), Vitamin B2: 0.18mg (10.79%), Magnesium: 38.11mg (9.53%), Iron: 1.68mg (9.32%), Zinc: 1.33mg (8.87%), Calcium: 86.7mg (8.67%), Vitamin B12: 0.47µg (7.76%), Vitamin D: 0.18µg (1.22%)