



Gravlax Club Sandwich

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 avocados cut into 1/2-inch cubes
- 16 slices bacon halved
- 8 sprigs cilantro leaves roughly chopped
- 2 cloves garlic minced
- 8 slices gravlax cure smoked cut into 16 strips crosswise and rolled into rosettes thin (or substitute salmon)
- 2 jalapeño peppers cut into small dice
- 4 juice of lime juiced
- 16 mint leaves

- 16 slices grain bread thin
- 2 onions red cut into small dice
- 2 medium tomatoes cut into 1/4-inch dice

Equipment

- bowl
- oven

Directions

- Preheat oven to 350 degrees F. Toast the bread slices and let cool.
- Roast the bacon in oven until crisp.
- Chop red onion, tomato, cilantro, garlic, mint leaves, and jalapeno finely. Put in a bowl.
- Add the avocado and pour in lime juice. Toss the avocado mixture and season well with salt and pepper.
- Place 1 tablespoon avocado mixture on each slice of gravlax. Fold the gravlax into a square, so that the avocado is wrapped in the center.
- Place the bacon and gravlax between 2 slices of bread.
- Cut the sandwich diagonally.
- Place a rosette on top each half and place 2 pieces of bacon on top of the rosette.

Nutrition Facts

PROTEIN 13.79% **FAT 57.71%** **CARBS 28.5%**

Properties

Glycemic Index:33.59, Glycemic Load:16.21, Inflammation Score:-8, Nutrition Score:26.751739128776%

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: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin:

0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 534.25kcal (26.71%), Fat: 35.24g (54.21%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 27.83g (10.12%), Sugar: 5.53g (6.15%), Cholesterol: 33.64mg (11.21%), Sodium: 711.93mg (30.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.89%), Manganese: 1.47mg (73.44%), Fiber: 11.33g (45.3%), Selenium: 30.47µg (43.52%), Vitamin B3: 7.29mg (36.44%), Vitamin K: 35.67µg (33.97%), Vitamin B6: 0.64mg (32.25%), Vitamin C: 26.42mg (32.02%), Folate: 121.29µg (30.32%), Vitamin B1: 0.45mg (29.74%), Phosphorus: 289.18mg (28.92%), Potassium: 914.77mg (26.14%), Vitamin D: 3.6µg (23.97%), Vitamin B5: 2.31mg (23.13%), Magnesium: 91.37mg (22.84%), Copper: 0.43mg (21.52%), Vitamin E: 3.23mg (21.52%), Vitamin B2: 0.31mg (18.07%), Zinc: 2.37mg (15.79%), Iron: 2.65mg (14.74%), Vitamin B12: 0.87µg (14.53%), Vitamin A: 719IU (14.38%), Calcium: 127.37mg (12.74%)