



Guacamole BLT



Dairy Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

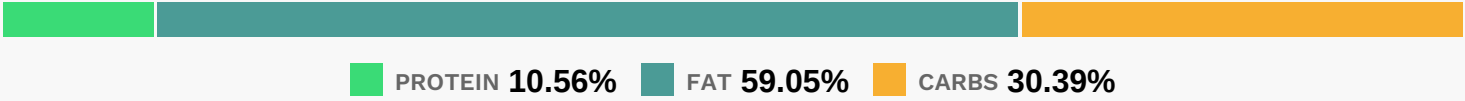
- ☐ 2 strips bacon
- ☐ 2 slices bread lightly toasted
- ☐ 2 tablespoons guacamole
- ☐ 1 leaf lettuce
- ☐ 1 tablespoons mayo
- ☐ 2 servings bell pepper to taste
- ☐ 2 slices tomatoes ripe

Equipment

Directions

☐ Cook the bacon until crispy, assemble the sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:125.33, Glycemic Load:8.51, Inflammation Score:-9, Nutrition Score:17.111304342747%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 265.65kcal (13.28%), Fat: 17.8g (27.38%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 16.51g (6%), Sugar: 5.66g (6.29%), Cholesterol: 17.46mg (5.82%), Sodium: 328.35mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin C: 100.78mg (122.15%), Vitamin A: 2613.46IU (52.27%), Manganese: 0.48mg (23.9%), Vitamin K: 22.78µg (21.7%), Folate: 76.18µg (19.05%), Vitamin B6: 0.37mg (18.5%), Selenium: 12.79µg (18.27%), Vitamin B3: 3.61mg (18.07%), Fiber: 4.09g (16.38%), Vitamin B1: 0.24mg (15.92%), Vitamin E: 2.03mg (13.52%), Potassium: 386.44mg (11.04%), Vitamin B2: 0.18mg (10.55%), Phosphorus: 103.98mg (10.4%), Iron: 1.61mg (8.93%), Vitamin B5: 0.84mg (8.43%), Magnesium: 30.88mg (7.72%), Zinc: 0.9mg (5.99%), Copper: 0.11mg (5.55%), Calcium: 47.15mg (4.72%), Vitamin B12: 0.12µg (1.97%)