



Jack & Guac Jibarito

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 small fully avocado ripe mashed
- 4 slices oscar mayer bacon cooked
- 4 big colby jack cheese kraft
- 2 cloves garlic minced
- 4 lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 0.5 cup oil
- 2 large plantains green peeled

1 small tomatoes cut into 8 thin slices

Equipment

frying pan

paper towels

spatula

slotted spoon

Directions

Mix avocado, mayo and garlic until blended.

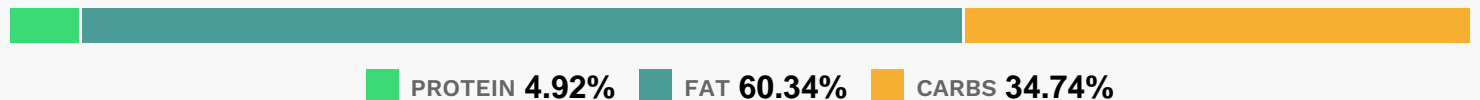
Heat oil in large skillet on medium heat.

Add plantains; cook 3 min. on each side or until tender and lightly browned on both sides. Use slotted spoon to remove plantains from skillet; drain on paper towels. Flatten plantains with back of spatula to 1/4-inch thickness; return to skillet. Cook 1 min. on each side or until golden brown on both sides.

Remove from skillet; drain on paper towels.

Spread avocado mixture onto 4 plantain slices; top with lettuce, tomatoes, bacon, cheese and remaining plantain slices.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:2.6047825929911%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.31kcal (4.27%), Fat: 5.79g (8.9%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.63g (0.7%), Cholesterol: 4.27mg (1.42%), Sodium: 50.45mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin A: 406.09IU (8.12%), Vitamin C: 5.7mg (6.91%), Vitamin K: 6.79µg (6.46%), Potassium: 132.34mg (3.78%), Fiber: 0.84g (3.36%), Vitamin E: 0.45mg (3%), Folate: 11.77µg (2.94%), Vitamin B1: 0.04mg (2.72%), Magnesium: 10.6mg (2.65%), Manganese: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.07%), Vitamin B3: 0.41mg (2.06%), Vitamin B5: 0.2mg (2%), Phosphorus: 18.94mg (1.89%), Copper: 0.04mg (1.82%), Selenium: 1.07µg (1.53%), Iron: 0.25mg (1.38%)