



Market Sandwich

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium avocado thinly sliced
- ☐ 1 cup black beans canned rinsed drained
- ☐ 1 teaspoon chipotle chile with sauce canned finely chopped
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 8 slices whole-grain bread

- ☐ 1 cup onion red thinly sliced
- ☐ 1 tomatoes cut into 8 slices
- ☐ 0.5 cup vinegar white

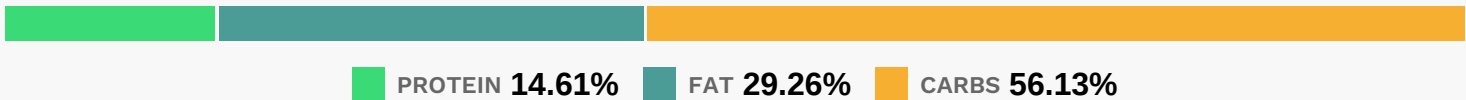
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Boil 1 cup water with vinegar in a small stainless steel saucepan.
- ☐ Add onion; turn off heat; let sit 30 minutes; drain. Puree beans and cumin in a blender.
- ☐ Mix mayonnaise, chipotle and lime juice in a bowl; spread on 4 slices of bread. Top remaining slices with bean puree, onion, cheese, avocado, cilantro and tomato. Close sandwiches; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:65.42, Glycemic Load:16, Inflammation Score:-7, Nutrition Score:18.581304259922%

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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 303.92kcal (15.2%), Fat: 10.05g (15.46%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 32.18g (11.7%), Sugar: 6.96g (7.73%), Cholesterol: 1.3mg (0.43%), Sodium: 538.78mg (23.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.58%), Manganese: 1.48mg (74.22%), Fiber: 11.19g (44.76%), Folate: 103.19µg (25.8%), Vitamin B1: 0.35mg (23.02%), Selenium: 15.63µg (22.33%), Phosphorus: 214.14mg (21.41%), Vitamin K: 21.73µg (20.7%), Magnesium: 82mg (20.5%), Vitamin B3: 3.87mg (19.35%), Potassium: 665.04mg (19%), Vitamin C: 14.56mg (17.64%), Vitamin B6: 0.35mg (17.46%), Copper: 0.35mg (17.34%), Iron: 2.92mg (16.24%), Vitamin B2: 0.23mg (13.54%), Calcium: 130.4mg (13.04%), Vitamin B5: 1.24mg (12.44%), Zinc: 1.69mg (11.24%), Vitamin E: 1.54mg (10.29%), Vitamin A: 352.32IU (7.05%)