



Melted Avocado Club

READY IN



32 min.

SERVINGS



20

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados ripe mashed
- 3 tablespoons butter divided softened
- 8 slices bacon cooked
- 0.5 pound deli ham thinly sliced
- 0.1 teaspoon ground pepper red
- 1 tablespoon juice of lime fresh
- 1 tablespoon mayonnaise
- 0.3 pound provolone cheese
- 0.5 pound deli roast beef thinly sliced

- 4 slices tomatoes
- 8 slices bread whole wheat
- 1 tablespoon mustard yellow

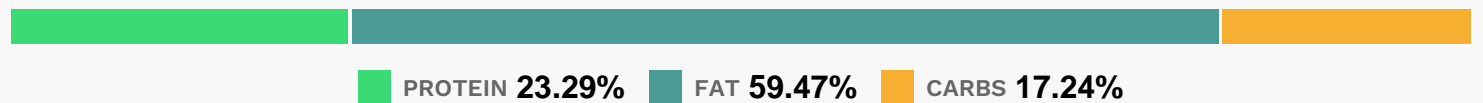
Equipment

- frying pan

Directions

- Stir together first 5 ingredients.
- Spread avocado mixture evenly on 1 side of each of 4 bread slices. Top each evenly with ham, next 4 ingredients, and remaining bread slices.
- Spread butter on both sides of each sandwich.
- Cook sandwiches in a nonstick skillet or on a griddle over medium heat 6 minutes on each side or until golden.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:3.08, Inflammation Score:-3, Nutrition Score:7.1826086899509%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg

Nutrients (% of daily need)

Calories: 157.19kcal (7.86%), Fat: 10.54g (16.21%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.69g (0.77%), Cholesterol: 25.38mg (8.46%), Sodium: 478.28mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.57%), Manganese: 0.28mg (13.82%), Selenium: 9.04µg (12.92%), Vitamin B3: 2.55mg (12.74%), Phosphorus: 122.54mg (12.25%), Vitamin B1: 0.15mg (10.09%), Calcium: 97.61mg (9.76%), Vitamin B6: 0.19mg (9.35%), Vitamin C: 7.38mg (8.94%), Zinc: 1.29mg (8.59%), Fiber: 2.06g (8.24%), Vitamin B2: 0.11mg (6.53%), Vitamin B12: 0.39µg (6.46%), Vitamin K: 6.55µg (6.24%), Potassium: 216.83mg

(6.2%), Folate: 23.19µg (5.8%), Magnesium: 22.08mg (5.52%), Vitamin B5: 0.51mg (5.11%), Iron: 0.81mg (4.5%),
Copper: 0.09mg (4.34%), Vitamin E: 0.62mg (4.16%), Vitamin A: 141.47IU (2.83%)