



WHATSheATE



Pesto Guacamole BLT (Bacon, Letuce and Tomato) Sandwich



Dairy Free



Popular

READY IN



10 min.

SERVINGS



1

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon
- ☐ 2 slices bread
- ☐ 1 leaf lettuce
- ☐ 2 tablespoons pesto guacamole
- ☐ 1 large tomatoes ripe

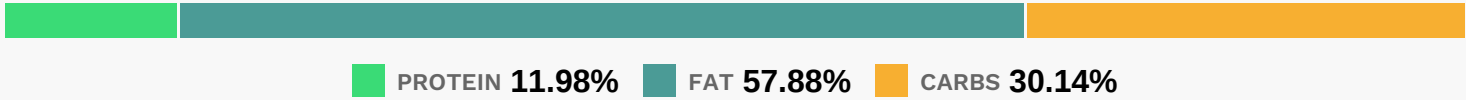
Equipment

- ☐ paper towels

Directions

☐ Cook the bacon until crispy and set on paper towels to drain.Meanwhile slice the tomato and optionally toast the bread.Assemble Sandwich and enjoy!

Nutrition Facts



Properties

Glycemic Index:128.67, Glycemic Load:16.2, Inflammation Score:-9, Nutrition Score:18.212173788444%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 486.9kcal (24.34%), Fat: 31.48g (48.42%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 31.88g (11.59%), Sugar: 9.11g (10.13%), Cholesterol: 31.44mg (10.48%), Sodium: 846.56mg (36.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Manganese: 0.89mg (44.49%), Vitamin A: 2178.42IU (43.57%), Selenium: 24.98µg (35.69%), Vitamin C: 25.27mg (30.63%), Vitamin B3: 5.99mg (29.95%), Vitamin B1: 0.42mg (28.15%), Fiber: 5g (20%), Folate: 77.22µg (19.31%), Vitamin K: 19.05µg (18.14%), Phosphorus: 180.88mg (18.09%), Potassium: 608.7mg (17.39%), Vitamin B6: 0.33mg (16.41%), Iron: 2.89mg (16.08%), Calcium: 140.14mg (14.01%), Vitamin B2: 0.21mg (12.55%), Magnesium: 48.82mg (12.2%), Copper: 0.21mg (10.54%), Zinc: 1.42mg (9.49%), Vitamin B5: 0.87mg (8.73%), Vitamin E: 1.29mg (8.62%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.18µg (1.17%)