



HEALTH SCORE

100%

Smashed White Bean and Avocado Club



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocado pitted thinly sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 30 ounce beans white rinsed drained canned
- ☐ 1 cucumber seedless peeled thinly sliced () (, if desired)
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 slices bread
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 small onion red thinly sliced

☐ 4 ounce broccoli (such as alfalfa, radish, broccoli, or a combination)

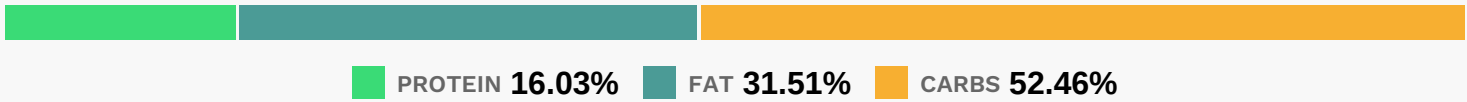
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, combine the beans, oil, salt, and pepper. Roughly mash the mixture with the back of a fork.
- ☐ Place 8 of the bread slices on a work surface. Divide the mashed beans among the slices. Top with the onion, cucumber, sprouts, and avocado. Stack the open-faced sandwiches on top of one another, avocado-side up, to make 4 double-decker sandwiches. Top with the remaining 4 slices of bread. Slice each sandwich in half, if desired, and serve. Tip: You can make this quick sandwich even more quickly by using store-bought hummus in place of the smashed white beans.

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:34.38, Inflammation Score:-9, Nutrition Score:41.276956599692%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 708.38kcal (35.42%), Fat: 25.63g (39.43%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 96g (32%), Net Carbohydrates: 72.26g (26.28%), Sugar: 7.67g (8.52%), Cholesterol: 0mg (0%), Sodium: 698.47mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.67%), Manganese: 3.2mg (159.88%), Fiber: 23.74g (94.96%), Folate: 288.5µg (72.12%), Vitamin K: 72.67µg (69.21%), Magnesium: 220.19mg (55.05%), Potassium: 1896.25mg (54.18%), Iron: 9.54mg (53.02%), Vitamin C: 39.77mg (48.21%), Copper: 0.95mg (47.69%), Phosphorus:

466.46mg (46.65%), Vitamin B1: 0.66mg (43.74%), Selenium: 26.4µg (37.72%), Vitamin E: 5.47mg (36.48%),
Vitamin B6: 0.72mg (36.02%), Calcium: 335.15mg (33.51%), Zinc: 4.8mg (31.97%), Vitamin B3: 5.95mg (29.76%),
Vitamin B5: 2.74mg (27.44%), Vitamin B2: 0.41mg (24.02%), Vitamin A: 381.1IU (7.62%)