



HEALTH SCORE

100%

Smoky rashers & tomatoes on toast



Dairy Free



Very Healthy

READY IN

**8 min.**

SERVINGS

**2**

CALORIES

**7668 kcal**

Ingredients

- ☐ 2 servings little rapeseed oil
- ☐ 4 turkey rashers smoked
- ☐ 3 tomatoes halved
- ☐ 2 slices wholegrain bread
- ☐ 1 tsp mustard english
- ☐ 1 small avocado ripe peeled halved
- ☐ 2 handfuls rocket

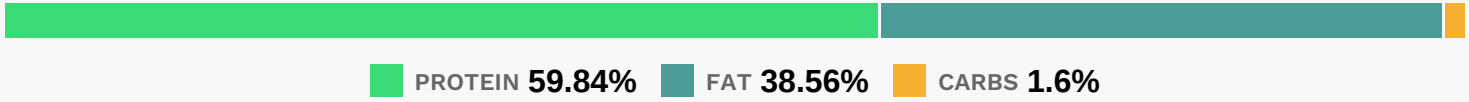
Equipment

- ☐ frying pan

Directions

- ☐ Heat a non-stick pan or griddle and spray or rub with a little oil to lightly grease it. Cook the turkey rashers and tomatoes for a couple of mins each side.
- ☐ Meanwhile, toast the bread, spread with mustard and squash half an avocado on each.
- ☐ Add the turkey rashers, tomatoes and rocket, and serve hot.

Nutrition Facts



Properties

Glycemic Index:84.33, Glycemic Load:9.9, Inflammation Score:-10, Nutrition Score:85.09521716574%

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 Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 7668.35kcal (383.42%), Fat: 321.4g (494.46%), Saturated Fat: 78.72g (492%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 19.72g (7.17%), Sugar: 10.95g (12.16%), Cholesterol: 3709.27mg (1236.42%), Sodium: 6136.57mg (266.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1122.16g (2244.31%), Vitamin B3: 397.6mg (1988.01%), Selenium: 1105.85µg (1579.79%), Vitamin B6: 31.31mg (1565.53%), Vitamin B12: 62.85µg (1047.52%), Phosphorus: 9570.78mg (957.08%), Zinc: 93.04mg (620.29%), Vitamin B2: 9.78mg (575.54%), Vitamin B5: 43.66mg (436.58%), Potassium: 12577.91mg (359.37%), Magnesium: 1358.26mg (339.57%), Iron: 46.66mg (259.2%), Copper: 4.32mg (216.17%), Vitamin B1: 2.73mg (182.15%), Folate: 512.9µg (128.23%), Vitamin D: 15.46µg (103.04%), Vitamin A: 5043.76IU (100.88%), Vitamin E: 10.3mg (68.68%), Manganese: 1.37mg (68.46%), Calcium: 664.2mg (66.42%), Vitamin K: 68.83µg (65.56%), Vitamin C: 38.38mg (46.52%), Fiber: 10.39g (41.55%)