



The Veggie

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



251 kcal

SIDE DISH

Ingredients

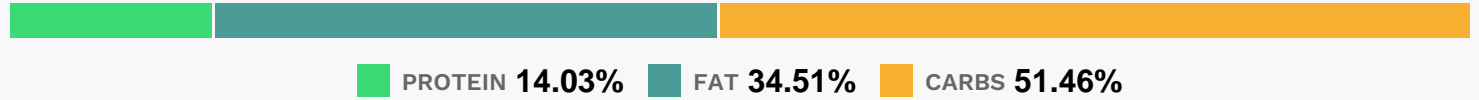
- 0.5 cup alfalfa sprouts
- 0.3 fully avocado ripe mashed
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread toasted
- 0.3 cup torn salad greens mixed
- 2 slices tomatoes

Equipment

Directions

- Spread 1 toast slice with dressing, then spread remaining toast slice with avocado.
- Fill with remaining ingredients to make sandwich.

Nutrition Facts



Properties

Glycemic Index:147.7, Glycemic Load:15.4, Inflammation Score:-7, Nutrition Score:16.717825848123%

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 Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 251.2kcal (12.56%), Fat: 10.04g (15.44%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 25.68g (9.34%), Sugar: 5.9g (6.56%), Cholesterol: 1.44mg (0.48%), Sodium: 387.89mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.37%), Manganese: 1.37mg (68.71%), Fiber: 7.99g (31.97%), Vitamin K: 24.22µg (23.07%), Selenium: 14.79µg (21.13%), Folate: 81.96µg (20.49%), Vitamin C: 16.1mg (19.51%), Vitamin B1: 0.29mg (19.21%), Vitamin B3: 3.81mg (19.05%), Phosphorus: 174.06mg (17.41%), Magnesium: 69.19mg (17.3%), Potassium: 549.77mg (15.71%), Vitamin B6: 0.31mg (15.35%), Copper: 0.28mg (14.24%), Vitamin A: 675.08IU (13.5%), Vitamin B5: 1.24mg (12.35%), Iron: 2.1mg (11.65%), Vitamin B2: 0.19mg (11.43%), Calcium: 110.25mg (11.03%), Vitamin E: 1.64mg (10.92%), Zinc: 1.57mg (10.48%)