



Turkey & avocado toast

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



215 kcal

Ingredients

- ☐ 1 avocado
- ☐ 0.5 juice of lime
- ☐ 2 small slices ciabatta bread
- ☐ 100 g turkey

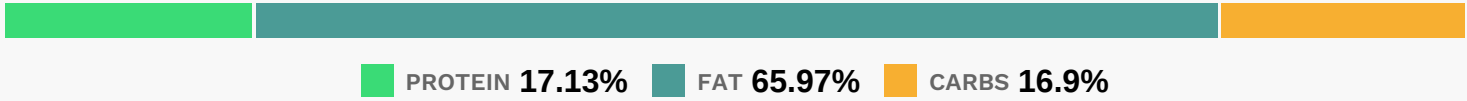
Equipment

- ☐ bowl

Directions

Halve and stone the avocado then scrape out the flesh into a bowl. Squeeze in the lime, season, then mash roughly with a fork. Toast the ciabatta, spread with mashed avocado, top with turkey and finish with ground black pepper.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:11.824782659178%

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 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 215.02kcal (10.75%), Fat: 16.79g (25.83%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.81g (0.9%), Cholesterol: 25.56mg (8.52%), Sodium: 51.85mg (2.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.62%), Fiber: 6.77g (27.1%), Vitamin B6: 0.47mg (23.69%), Vitamin B3: 4.47mg (22.34%), Folate: 84.64µg (21.16%), Vitamin K: 21.15µg (20.14%), Vitamin B5: 1.69mg (16.93%), Potassium: 575.72mg (16.45%), Vitamin C: 12.3mg (14.91%), Vitamin E: 2.13mg (14.19%), Phosphorus: 118.28mg (11.83%), Vitamin B2: 0.2mg (11.61%), Selenium: 7.97µg (11.39%), Copper: 0.22mg (11.02%), Magnesium: 38.62mg (9.66%), Zinc: 1.28mg (8.54%), Manganese: 0.15mg (7.42%), Vitamin B12: 0.43µg (7.22%), Vitamin B1: 0.09mg (5.75%), Iron: 0.86mg (4.8%), Vitamin A: 170.36IU (3.41%), Calcium: 17.01mg (1.7%)