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Smashed White Bean and Avocado Sandwich ••

This delicious vegan sandwich is made with smashed white beans and creamy avocado. It's a healthy and satisfying option for lunch or dinner.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	White Beans
100 g	Avocado
2 tsp	lemon juice
1 tsp	garlic powder
0.5 tsp	salt

0.5 tsp	black pepper
4	bread slices
50 g	lettuce
100 g	Tomato

Directions

Step 1

In a bowl, mash the white beans with a fork.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add mashed avocado, lemon juice, garlic powder, salt, and black pepper to the bowl. Mix well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Spreading

Spread the white bean and avocado mixture on one side of each bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Layering

Layer lettuce and tomato slices on top of the mixture.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Covering

Cover with another bread slice to form a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Repeat for the remaining bread slices and filling.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Meal Type

Breakfast Lunch Brunch Snack Supper

Course

Salads Snacks

Cultural

Chinese New Year

Easter

Cost

\$10 to \$20

Demographics

Senior Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

Difficulty Level

Medium

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