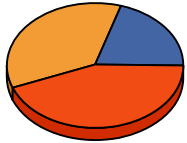




Avocado-White Bean-Chicken Toast

Recipe grams: 1212.44g/42.8oz
Serves 4 303.11g/10.7oz per serving



Protein: 20%
Carbohydrates: 35%
Fat: 44%

INGREDIENTS

2 avocado AVOCADO, CALAVO
15 oz BEANS, GREAT NORTHERN, GREAT VALUE
9 oz CHICKEN BREAST, CHUNK, CANNED, 'PREMIUM' IN WATER
2 tbsp LEMON JUICE, REALEMON
1 tbsp MINCED GARLIC, GARLIC SELECT GROCERY
1 tsp THYME, DRIED
1 tbsp CANOLA MAYONNAISE, LITE
4 slice TOAST, SOGO BAKERY

DIRECTIONS

Mash avocados, beans, lemon juice, oil, garlic, thyme, lowfat mayo, salt and pepper to taste. Combine to leave a little chunky.

Top toasted bread and overlay butter lettuce.

Serve.

Nutrition Facts	
4 servings per container	
Serving size 1 serving (303g)	
Amount per serving	
Calories	530
% Daily Value*	
Total Fat 24g	31 %
Saturated Fat 8g	40 %
Trans Fat 0.5g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 50mg	16 %
Sodium 930mg	40 %
Total Carbohydrate 55g	20 %
Dietary Fiber 11g	38 %
Total Sugars 10g	
Protein 25g	
Vit. D 0mcg 0%	• Calcium 66mg 6%
Iron 4mg 20%	• Potas. 0mg 0%