

# Avocado BLT with Fried Egg And Chipotle Mayo

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chipotle-mayo-recipe>

## Ingredients:

- 4 slices bread lightly toasted
- 2 handfuls lettuce
- 2 ripe tomatoes sliced
- pepper to taste
- 6 strips bacon cooked until crispy
- 2 eggs fried
- 1 avocado sliced
- 2 tablespoons chipotle mayo 1 chopped chipotle chili in adobo mixed into 1/4 cup mayonnaise

## Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 270 milligrams
4. Fat: 64 grams
5. Fiber: 11 grams
6. Protein: 25 grams
7. SaturatedFat: 17 grams
8. Sodium: 1240 milligrams
9. Sugar: 8 grams

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