

Avocado Egg Salad BLT

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pork-salad-rolls-recipe>

Ingredients:

- 5 hard boiled eggs peeled
- 1 avocado ripe
- 1 tablespoon mayonaise
- kosher salt
- pepper
- 4 rolls croissant, cut in half
- 8 slices tomato
- 8 slices crispy bacon
- baby greens Mixed

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 285 milligrams
4. Fat: 25 grams
5. Fiber: 8 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 850 milligrams
9. Sugar: 6 grams

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