

Avocado Toast -4 servings



Course : Breakfast
 Categories : Egg
 Source : www.livingupwell.com

Serving size : 4 servings of 1 toast, 1/4 avocado, 1 egg
 Preparation time : 5 mins
 Cooking time : 5 mins

Ingredients

- 4 slices whole wheat toast
- 2 medium avocados
- 2 medium tomatoes
- 4-8 eggs
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 2 lime
- 16 oz. strawberries

Directions

Prepare:

1. Toast bread. Fry egg in skillet over medium heat, season with s&p. Mash 1/4 avocado per slice of toast, season with 1/8 tsp garlic powder, 1/8 tsp paprika, s&p. Slice tomato, season with s&p.
2. Add mashed avocado to bread, top with tomato. Serve with side of strawberries or more tomato slices.
3. To prevent browning of leftover avocado, squeeze juice of lime, store in plastic baggie and refrigerate.

Notes

- Suggested protein for women: 1 egg
- Suggested protein for men: 2 eggs (add 75 calories)

Nutrition Facts		
Serving Size	1 Toast, 1/4 avocado, 1/2 tomato	
Amount Per Serving		
Calories	264.6	
	% Daily Value*	
Total Fat	15.9 g	20 %
Saturated Fat	3.1 g	15 %
Trans Fat	0 g	
Cholesterol	164.1 mg	13 %
Sodium	91.9 mg	4 %
Total Carbohydrate	24.2 g	9 %
Dietary Fiber	9.5 g	34 %
Total Sugars	8.9 g	
Added Sugars	0 g	0 %
Protein	9.9 g	
Vitamin D	1 mcg	5 %
Calcium	61.9 mg	5 %
Iron	2.2 mg	12 %
Potassium	790.3 mg	17 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.