

**AVOCADO AND EGG TOAST** 5 hours 10 minutes 1 portion**INGREDIENTS**

- 1 slice of bread, whole-wheat, commercially prepared [32 g]
- 1 large unit of egg, whole, cooked, hard-boiled [50 g]
- 1/2 fruit, without skin and seed of avocados, raw, California [68 g]
- 4 thin slices of onions, raw [36 g]
- 1/4 tsp of salt, table [2 g]
- 1 dash of spices, pepper, black [0 g]
- 1 wedge yields of lemon juice, raw [6 g]

COOKING METHOD

- 1° Toast bread. Using a fork, gently smash Down the avocado, salt and pepper, chilli flakes or hot sauce if wanted, Juice of the lemon wedge, Spread over the bread
- 2° Top with egg. Adjust seasoning

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [194 g]	% DRI
ENERGY	149 kcal	288 kcal	14 %
FAT	9 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	17 %
CHOLESTEROL	96 mg	187 mg	62 %
SODIUM	411 mg	796 mg	33 %
CARBOHYDRATE	12 g	24 g	8 %
SUGARS	2 g	4 g	—
FIBER	4 g	7 g	29 %
PROTEIN	6 g	12 g	—