

**BASIL , AVOCADO & TOMATO TOAST** 1 portion**INGREDIENTS**

- 1 medium Tomato, sliced [123 g]
- 1/3 cup, of avocados [45 g]
- 2 medium slices of bread, french or vienna, [includes sourdough] [118 g]
- 1 tbsp, leaves of spices, basil, dried [2 g]

**COOKING METHOD**

- 1° Toast the bread until liking and place on a chopped board
- 2° Spread the avocado smash over the bread and lay the tomato slices over the top
- 3° Season with black pepper and basil. Serve

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (288 g)	% DRI
ENERGY	165 kcal	475 kcal	24 %
FAT	3 g	9 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	299 mg	860 mg	36 %
CARBOHYDRATE	29 g	83 g	28 %
SUGARS	3 g	8 g	—
FIBER	3 g	9 g	36 %
PROTEIN	6 g	18 g	—