

**AVOCADO TOAST WITH SMOKED SALMON**

🕒 5 minutes

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🍴 1 portion

INGREDIENTS

- 2 slices of bread, wholegrain (64 g)
- 40 grams of avocados, raw, all commercial varieties
- 50 grams of smoked Salmon

COOKING METHOD

- 1° Toast bread, then spread with avocado and top with smoked salmon. Season with pepper and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (154 g)	% DRI
ENERGY	209 kcal	321 kcal	16 %
FAT	9 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	671 mg	1034 mg	43 %
CARBOHYDRATE	21 g	32 g	11 %
SUGARS	2 g	3 g	—
FIBER	4 g	7 g	26 %
PROTEIN	12 g	18 g	—