



Avocado Toast

This super simple breakfast is filling and delicious!

U.S.

2 slices
1/2 medium
1/8 tsp
To taste
Pinch

Whole Grain Bread
Avocado, ripe
Salt, Kosher
Black Pepper
Red Pepper Flakes or Other Dried Pepper (optional)

Metric

2 slices
1/2 medium
0.75g
To taste

Preparation:

1. Place bread in toaster.
2. Scoop out half the avocado into a bowl. Add seasonings and mash with a fork to blend.
3. Spread the filling on the pieces of toast, and enjoy!

Nutrition Facts

1 Serving

Serving size **2 slices of toast**

Amount per serving

Calories **300**

Calories from Fat 150

Total Fat 17 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 11 g

Cholesterol 0 mg

Sodium 410 mg

Total Carbohydrate 32 g

 Dietary Fiber 11 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 9 g

Vitamin D 0 %

Calcium 8 %

Iron 10 %

Potassium 625 mg

Phosphorus 165 mg
