



2 Servings



avocado egg breakfast toast

Ingredients

whole wheat bread	2 slice
dijon mustard	2 tsp
avocados	1/2 avocado
asparagus, boiled	8 spears
egg, hard boiled	1 large
black pepper	1/8 tsp
extra virgin olive oil	1/2 tsp

Nutrition Totals

Calories 495 / **Carbs** 54 g / **Protein** 21 g / **Fat** 26 g / **Fluid** 7.51 fl
oz

Instructions

1. Lightly toast bread.
2. Spread each slice with mustard.
3. Distribute avocado on both slices of toast and mash slightly.
4. Place 4 slices of asparagus over each toast.
5. Slice egg and place on top of asparagus.
6. Top toasts with cracked black pepper and drizzle with olive oil.



Nutrition Label

Avocado Egg Breakfast Toast	
Amount Per Serving	
Calories	248
	% Daily Value*
Total Fat 12.8g	20%
Saturated Fat 1.9g	10%
Trans Fat 0g	
Cholesterol 93.2mg	31%
Sodium 237.9mg	10%
Total Carbohydrates 27.1g	9%
Dietary Fiber 7.5g	30%
Total Sugar 4.3g	
Protein 10.6g	
Vitamin D 21.7IU	4%
Calcium 72.9mg	7%
Iron 2.2mg	12%
Potassium 411.3mg	

* 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.