



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

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