



Avocado Toast

SERVINGS:1

EST. COST: \$4.00

COST PER SERVING: \$4.00

Ingredients

- 1 slice bread, toasted
- 1/2 Avocado, sliced
- 2 oz (1/4 cup) protein of choice (e.g. boiled egg, canned sardine, tuna, salmon)
- 1 small tomato, sliced
- 1 pinch dried rosemary or other herb
- 1 pinch salt
- 3 tbsp sprouts (optional)

Directions

1. On the toast, layer avocado, protein, and tomato.
2. Season with herbs and salt.
3. Top with sprouts and enjoy!

Equipment

Cutting Board

Knife

Toaster, optional



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Nutrition Facts

Serving Size1 full recipe

Amount Per Serving

Calories267.3

		% Daily Value*
Total Fat	14.3 g	18 %
Saturated Fat	2.4 g	12 %
Trans Fat	0 g	
Cholesterol	15.9 mg	5 %
Sodium	204.6 mg	9 %
Total Carbohydrate	25.1 g	9 %
Dietary Fiber	7.6 g	27 %
Total Sugars	2.9 g	
Added Sugars	1.5 g	3 %
Protein	12.9 g	
Vitamin D	1.1 mcg	5 %
Calcium	105.9 mg	8 %
Iron	2.2 mg	12 %
Potassium	656.1 mg	14 %

* 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.

Full Info at cronometer.com

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Health Benefits:

Avocado: Avocados contain healthy fats, anti-aging, disease-fighting antioxidants, and nearly 20 vitamins and minerals, making them highly nutritious. Avocados contain vitamins E, C and K, magnesium, and potassium, folate, and magnesium

Sardines: Not only are they an excellent source of protein, vitamin B12, vitamin D and calcium (containing more than 20% of the Daily Value), but they're also a good source of iron (containing more than 10% DV). Plus, canned sardines contain close to 100% of the recommended daily intake of omega-3 fatty acids.

References:

1. Recipe from Angelina Andriacchi, 2024.