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Sourdough Toast with Oleo · ·

Sourdough Toast with Oleo is a classic breakfast dish that originated in the United States. It is made by toasting sourdough bread and spreading it with oleo, a type of margarine. The tangy flavor of the sourdough bread pairs perfectly with the creamy and slightly salty taste of the oleo. This dish is often enjoyed with a cup of coffee or tea in the morning.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

2 slices Sourdough bread

10 g oleo (margarine)

Directions

Step 1

Toasting

Toast the sourdough bread slices until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Spreading

Spread the oleo evenly on the toasted sourdough bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Breads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Kids Friendly

Teen Friendly

Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Difficulty Level

Medium

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