



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Scrambled Eggs, Avocado, and Smoked Salmon on Toast

A delicious and nutritious breakfast or brunch option. Scrambled eggs are mixed with creamy avocado and topped with smoked salmon, served on toasted bread. This recipe is packed with protein, healthy fats, and omega-3 fatty acids.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

4 pieces	Eggs
1 pieces	Avocado
100 g	Smoked Salmon

4 slices	bread
20 g	butter
0.5 tsp	salt
0.5 tsp	pepper

Directions

Step 1

Stove

Crack the eggs into a bowl and whisk them until well beaten. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Heat a non-stick pan over medium heat and melt the butter. Pour in the beaten eggs and cook, stirring constantly, until scrambled and cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Toaster

Toast the bread slices until golden brown.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Cut the avocado in half, remove the pit, and scoop out the flesh. Mash the avocado with a fork until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spread the mashed avocado onto the toasted bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Top the avocado toast with the scrambled eggs and smoked salmon.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	25 g	89.29%	100%
Cholesterol	300 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	20 mg	133.33%	133.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

Visit our website: healthdor.com