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Avocado Toast

Avocado Toast

Avocado toast is a popular breakfast or brunch dish that consists of mashed avocado spread on top of toasted bread. It is often seasoned with salt, pepper, and other toppings such as tomatoes, onions, or feta cheese. Avocado toast is a healthy and delicious way to start your day!

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

2 slices Bread

10 g Powdered milk

200 g Avocado

Directions

Step 1

Stove

Heat vegetable oil in a pan over medium heat.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Stove

Toast the bread slices in the pan until golden brown.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

In a bowl, mash the avocado with a fork until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Spread the mashed avocado on top of the toasted bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 2 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	14 g	50%	56%
Saturated Fat	2 g	9.09%	11.76%
Monounsaturated Fat	9 g	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Calcium	1 mg	0.1%	0.1%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Food Type

Soup

Pickles

Syrups

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