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Avocado Egg Bake ♦♦

Avocado Egg Bake is a delicious vegetarian recipe that combines the creaminess of avocado with the protein-rich goodness of eggs. It is a perfect dish for breakfast or brunch and can be enjoyed by vegetarians and non-vegetarians alike.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	Avocado
6 pieces	Eggs
1 tsp	salt
0.5 tsp	black pepper
200 g	Cherry Tomatoes

20 g Fresh Basil

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the avocados in half and remove the pits. Scoop out some of the flesh to make room for the eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Place the avocado halves in a baking dish, making sure they are stable.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Crack an egg into each avocado half. Season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Add cherry tomatoes and fresh basil leaves to the baking dish.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Drizzle olive oil over the avocados, eggs, tomatoes, and basil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Oven

Bake in the preheated oven for 15 minutes or until the eggs are cooked to your liking.

Prep Time: 0 mins

Cook Time: 15 mins

Step 8

Cooling

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 270 kcal

Fat: 22 g

Protein: 13 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	13 g	76.47%	76.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	8 g	21.05%	32%
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	12 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	22 g	78.57%	88%
Cholesterol	280 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	800 mg	23.53%	30.77%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

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 Picnic

Meal Type

Brunch Supper

Difficulty Level

Medium

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