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Seedy Avocado Toast ♦♦

Seedy Avocado Toast is a delicious and nutritious breakfast or snack option. It is made with ripe avocados, whole grain bread, and a variety of seeds for added crunch and flavor. This recipe is vegan, gluten-free, and packed with healthy fats, fiber, and protein. It can be enjoyed on its own or topped with additional ingredients like tomatoes, sprouts, or a drizzle of balsamic vinegar.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	ripe avocados
4 slices	whole grain bread
2 tsp	Chia Seeds
2 tsp	Flax Seeds

2 tsp	Sunflower Seeds
2 tsp	Pumpkin Seeds
2 tsp	Sesame Seeds
0.5 tsp	salt
0.5 tsp	black pepper
2 tsp	lemon juice

Directions

Step 1

Toasting

Toast the whole grain bread slices until golden brown.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Mashing

In a small bowl, mash the ripe avocados with lemon juice, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the mashed avocado mixture evenly on the toasted bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle the chia seeds, flax seeds, sunflower seeds, pumpkin seeds, and sesame seeds on top of the avocado toast.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 13 g

Protein: 3 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
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	8 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	147 iu	16.33%	21%
Vitamin C	10 mg	11.11%	13.33%
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	198 mg	8.61%	8.61%
Calcium	32 mg	3.2%	3.2%
Iron	1 mg	12.5%	5.56%
Potassium	487 mg	14.32%	18.73%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring

Summer

Events

Picnic

Course

Salads

Snacks

Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Traditional Chinese Medicine (TCM) Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Scarsdale Diet

The Hallelujah Diet

The Beverly Hills Diet

The Hollywood Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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