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## Scrambled Eggs on Toast with Vegemite and Avocado ♦♦

Scrambled Eggs on Toast with Vegemite and Avocado is a classic breakfast dish. It combines fluffy scrambled eggs with the savory and salty flavor of Vegemite and the creamy texture of avocado. This dish is perfect for a quick and nutritious breakfast.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

4 Eggs  
pieces

4 slices bread

2 tsp vegemite

1	Avocado
pieces	

0.5 tsp	salt
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0.5 tsp	pepper
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2 tbsp	butter
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## Directions

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### Step 1

Mixing

Crack the eggs into a bowl and whisk them until well beaten.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 2

Stove

Heat a non-stick skillet over medium heat and melt the butter.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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### Step 3

Stove

Pour the beaten eggs into the skillet and cook, stirring gently, until they reach your desired consistency.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Toaster

Toast the bread slices until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 5

Spread Vegemite on one side of each toast slice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Slice the avocado and spread it on top of the Vegemite.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Divide the scrambled eggs between the toast slices and season with salt and pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Serving

Serve the Scrambled Eggs on Toast with Vegemite and Avocado immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 450 kcal

**Fat:** 20 g

**Protein:** 20 g

**Carbohydrates:** 45 g

## Nutrition Facts

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## 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	45 g	81.82%	90%
Fibers	7 g	18.42%	28%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	9 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	400 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## 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

### Difficulty Level

Easy

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