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Spicy Avocado Toast ••

Spicy Avocado Toast is a delicious and healthy recipe that can be enjoyed for breakfast, brunch, or as a quick snack. It is made with ripe avocados, spicy seasonings, and toasted bread. The creamy avocado pairs perfectly with the heat from the spices, creating a flavorful and satisfying dish. This recipe is vegan and can be customized with additional toppings such as tomatoes, cilantro, or hot sauce.

Recipe Type: Vegan

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

200 g	ripe avocados
4 pieces	bread slices
1 tsp	Red Pepper Flakes
2 tbsp	Lime juice

1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Toasting

Toast the bread slices until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Mashing

In a bowl, mash the ripe avocados with a fork.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add red pepper flakes, lime juice, salt, and black pepper to the mashed avocados. Mix well.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Spreading

Spread the avocado mixture evenly on the toasted bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	7 g	18.42%	28%
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	9 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	293 iu	32.56%	41.86%
Vitamin C	11 mg	12.22%	14.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	294 mg	12.78%	12.78%
Calcium	15 mg	1.5%	1.5%
Iron	1 mg	12.5%	5.56%
Potassium	487 mg	14.32%	18.73%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Cuisines

Thai

Spanish

American

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

High Vitamin C

Kitchen Tools

Blender

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Meal Type

Breakfast

Brunch

Snack

Supper

Difficulty Level

Easy

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