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Avocado Toast

Avocado toast is a popular breakfast dish that consists of mashed avocado spread on top of toasted bread. It is commonly seasoned with salt, pepper, and other toppings such as tomatoes, onions, or eggs. This recipe is vegetarian.

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

200 g	Avocado
4 slices	bread
1 tsp	salt
1 tsp	pepper
100 g	Tomato

50 g onion

Directions

Step 1

Toasting

Toast the bread slices until golden brown.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mashing

Mash the avocado in a bowl and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the mashed avocado onto the toasted bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Topping

Top with sliced tomatoes and onions.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 14 g

Protein: 2 g

Carbohydrates: 7 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	7 g	12.73%	14%
Fibers	5 g	13.16%	20%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	1 mg	0.1%	0.1%
Iron	2 mg	25%	11.11%
Potassium	350 mg	10.29%	13.46%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring

Events

Picnic

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

\$10 to \$20

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Difficulty Level

Medium

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