

# Avocado Toast

**Recipe Type:** Main Dish

**Serves:** 1

**Prep Time:** 5 minutes

**Cooking Time:** None

**C** means cup

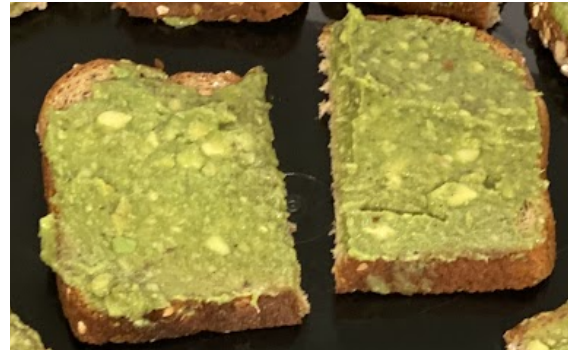
**T** means tablespoon

**t** means teaspoon

**oz** means ounce

## What you need:

- 1/3 avocado
- 1/2 t fresh lemon juice
- 1/8 t ground black pepper
- 1 slice whole grain bread, toasted
- 1/2 t extra-virgin olive oil (optional)
- 1/4 t red pepper flakes, for garnish (optional)



This is a picture of 1 serving.

## What to do:

1. Wash your hands.
2. In a small bowl, combine avocado, lemon juice, and pepper. Gently mash with the back of a fork.
3. Top toasted bread with mashed avocado mixture.
4. Enjoy!

Optional: Drizzle with olive oil and sprinkle over red pepper flakes or other desired toppings.

**Contains: Wheat**

| Nutrition Facts                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 1 servings per container                                                                                                                                      |                       |
| <b>Serving size</b>                                                                                                                                           | <b>1 slice (106g)</b> |
| Amount per serving                                                                                                                                            |                       |
| Calories                                                                                                                                                      | 200                   |
| % Daily Value*                                                                                                                                                |                       |
| <b>Total Fat</b> 11g                                                                                                                                          | <b>14%</b>            |
| Saturated Fat 1.5g                                                                                                                                            | <b>8%</b>             |
| Trans Fat 0g                                                                                                                                                  |                       |
| <b>Cholesterol</b> 0mg                                                                                                                                        | <b>0%</b>             |
| <b>Sodium</b> 170mg                                                                                                                                           | <b>7%</b>             |
| <b>Total Carbohydrate</b> 22g                                                                                                                                 | <b>8%</b>             |
| Dietary Fiber 5g                                                                                                                                              | <b>18%</b>            |
| Total Sugars 2g                                                                                                                                               |                       |
| Includes 2g Added Sugars                                                                                                                                      | <b>4%</b>             |
| <b>Protein</b> 6g                                                                                                                                             |                       |
| Vitamin D 0mcg                                                                                                                                                | 0%                    |
| Calcium 69mg                                                                                                                                                  | 6%                    |
| Iron 1mg                                                                                                                                                      | 6%                    |
| Potassium 430mg                                                                                                                                               | 10%                   |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |

FK=3.7