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Avocado on wholemeal toast

Ingredients

- 1 avocado
- 2 wholemeal bread
- 1 teaspoon fresh lemon juice
- 1 tablespoon Olive oil
- 2 salt
- 1 pinch black pepper

Instructions

1. Method

Toast the bread

- 1.
2. Combine the avocado, lemon juice and oil in the bowl. Season and mash with a fork to the desired consistency.
- 2.
3. Spread the avocado mixture on toast
- 3.

Nutrition Facts

Serving Size **1**

Servings **2**

Amount Per Serving

Calories 612kcal

	% Daily Value *
Total Fat 40g	62%
Sodium 299.98mg	13%
Total Carbohydrate 45g	15%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 12g	24%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note

Nutrition

Per serving

612 kcal | Carbs 45g | Sugars 4g | Protein 12g | Fats 40g | Salt 3g | Fibre 10g

Keywords: avocado, wholemeal toast

Did you make this recipe?

Read it online: <https://salisburynutrition.co.uk/recipe/avocado-on-wholemeal-toast/>
