

Avocado Toast Breakfast

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/avacodo-toast-breakfast-recipes>

Ingredients:

- 3 slices toast I used French bread
- 6 slices bacon
- 1 avocado
- 7 grape tomatoes
- 3 slices onion

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 40 milligrams
4. Fat: 36 grams
5. Fiber: 10 grams
6. Protein: 14 grams
7. SaturatedFat: 10 grams
8. Sodium: 620 milligrams
9. Sugar: 15 grams

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