

Avocado Toast with Poached Egg

Yield: 1 min
Total Time: 15 min

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

Ingredients:

- 1 slice country bread rustic
- 3 slices avocado
- 3 cilantro leaves
- 1 eggs poached, here's the technique I use
- pepper
- sea salt
- butter

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 275 milligrams
4. Fat: 35 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 17 grams
8. Sodium: 1190 milligrams
9. Sugar: 2 grams

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