

# Avocado Toast

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/green-hot-sauce-peruvian-recipe>

## Ingredients:

- avocado
- whole wheat bread sliced, try this no-work whole wheat baguette recipe
- sea salt
- lemon juice optional but recommended
- egg optional
- cherry tomatoes optional
- black pepper optional
- olive oil optional
- red pepper flakes optional
- greens optional
- hot sauce optional
- asparagus optional
- radish optional
- shallot optional
- pumpkin seeds optional

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 55 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 290 milligrams
9. Sugar: 2 grams

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