

Avocado Toast with Egg

Yield: 1 min
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-snacks-recipes>

Ingredients:

- 1 piece bread whole wheat or sprouted
- 1/2 avocado ripe and soft
- 1 tablespoon cottage cheese Hiland Dairy
- 1 egg
- lime wedge

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 215 milligrams
4. Fat: 21 grams
5. Fiber: 11 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams
8. Sodium: 320 milligrams
9. Sugar: 5 grams

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