

# Avocado Toast

## Ingredients:

- 1 small avocado
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 slices whole grain bread, toasted
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon everything bagel seasoning



## Directions:

1. In a small bowl, combine avocado, lemon juice, salt, and pepper. Gently mash with the back of a fork.
2. Top toasted bread with mashed avocado mixture. Drizzle with olive oil and sprinkle with everything seasoning.

Makes 2 Servings

## Nutrition Facts

Servings: 2

Amount per serving

**Calories** **326**

% Daily Value\*

**Total Fat** 24g **31%**

Saturated Fat 5g **25%**

**Cholesterol** 0mg **0%**

**Sodium** 412mg **18%**

**Total Carbohydrate** 28.7g **10%**

Dietary Fiber 10.7g **38%**

Total Sugars 3.6g

**Protein** 7g

# 5 AVOCADO FACTS



## 1 FRUIT TREES

Avocados grow on tropical evergreen trees that can grow up to 40-80 feet tall.

## 2 COMMERCIAL PRODUCTION

In the US, avocados are produced commercially in California, Florida, and Hawaii.

## 3 POTASSIUM

A half cup of avocado contains 507mg of potassium which is more than that of a banana.

## 4 VITAMINS

Avocados are a good source of vitamins K, E, and folate, as well as vitamins B6 and B5.

## 5 FATS

Avocados are high in “healthy fats” such as monounsaturated and polyunsaturated fats.