

Avocado and Egg Toast

Nutrition Facts	
1 servings per container	
Serving size	1 toast (195g)
Amount Per Serving	380
Calories	
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 187mg	62%
Sodium 809mg	35%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Not a significant source of vitamin D, calcium, iron, and potassium	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition	

Ingredients:

Sourdough bread (unbleached flour, water, whole wheat flour, salt, barley malt, yeast), avocado, olive oil, sea salt, pepper, Za'atar (thyme, sumac, roasted wheat, salt, citric acid, sesame seed, vegetable oil), egg