

Avocado Toast

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58358
School:	Griffith Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Buttered Toast	2 Each		R-51790
GUACAMOLE WSTRN STYL	4 Tablespoon		414931

Preparation Instructions

2 Tablespoon of Guacamole per piece of toast.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.125
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Piece

Amount Per Serving	
Calories	380.00
Fat	26.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	610.00mg
Carbohydrates	36.00g
Fiber	8.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	8.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 61.00mg	Iron 2.60mg

Nutrition - Per 100g

No 100g Conversion Available