

All About ... Avocado Cream Cheese Toast

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 4 slices thick crusty wholegrain bread • 2 avocado, sliced • 2 Tbsp low fat cream cheese • Salt and cracked pepper, to taste 	Energy (kcal)	271
	Carbohydrate (g)	24
	Protein (g)	7
	Fat (g)	14
	• Saturated Fat (g)	3
	• Polyunsaturated Fat (g)	2
	• Monounsaturated Fat (g)	9
	Cholesterol (mg)	6
	Dietary Fibre (g)	10
	Sodium (mg)	367
	Potassium (mg)	493
	Phosphate (mg)	200

Methods

1. Lightly toast bread.
2. Spread a thin layer of cream cheese on each slice of bread and top it with avocado slices.
3. Add salt and cracked pepper to taste.

NUTRITION & DIETETICS DEPARTMENT

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