

# Nutrition Facts for Avocado Toast

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 27g		<b>33%</b>	<b>Total Carb.</b> 53g
	Saturated Fat 7g	<b>34%</b>	Fiber 15g	<b>61%</b>
	<i>Trans Fat</i> 0g		Total Sugars 11g	
Serving size: 1 Portion	<b>Cholesterol</b> 200mg	<b>67%</b>	Incl. 2g Added Sugars	<b>5%</b>
	<b>Sodium</b> 3290mg	<b>131%</b>	<b>Protein</b> 24g	
<b>Calories</b> per serving	Vitamin D 6% · Calcium 45% · Iron 35% · Potassium 35%			

**520**

## Ingredients

Arugula, Avocado Pulp (salt, table, iodized; lemon juice, raw; onions, raw; avocados, raw, all commercial varieties.), Limes, 8 Grain Wheat Bread, Eggs Large, Radishes, Cotija, Kosher Salt - Fine, Red Wine Vinegar, White Sugar, Beets, Red Onions, Bay Leaves - Dry

## Contains

MILK, EGGS, WHEAT, CEREALS CONTAINING GLUTEN

## Characteristics

Vegetarian · Corn Free · Tree Nut Free · Peanut Free