



A Right Royal Breakfast



Vegetarian



Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 avocado
- ☐ 1 large eggs
- ☐ 1 tablespoon juice of lemon
- ☐ 1 serving grinding of salt and pepper black good
- ☐ 1 handful pkt spinach
- ☐ 1 slice wholemeal bread

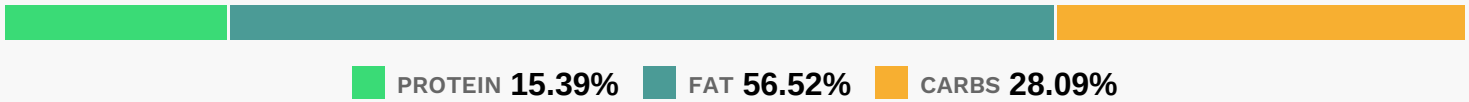
Equipment

- ☐ colander

Directions

- ☐ Toast your bread.
- ☐ Pop your spinach in a colander in the sink and pour boiling water over it to wilt it.
- ☐ Drain, then pop in some kitchen paper and squeeze as much liquid out as you can.
- ☐ Mash your avocado with a squeeze of lemon, to prevent it browning and for extra flavour. Season with salt and pepper.
- ☐ Soft poach your egg. Gently drop your egg into swirling, simmering water and cook for two minutes.
- ☐ Construct! Pop your toast on a warmed plate, top with spinach, then the avocado mash. Finally, top with your freshly poached egg, season and serve.
- ☐ Mmmmmmmmmmm!

Nutrition Facts



Properties

Glycemic Index:141.7, Glycemic Load:8.11, Inflammation Score:-10, Nutrition Score:27.218695723492%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 313.62kcal (15.68%), Fat: 20.68g (31.81%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 14.01g (5.09%), Sugar: 2.59g (2.87%), Cholesterol: 186mg (62%), Sodium: 421.67mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.33%), Vitamin K: 168.34µg (160.32%), Vitamin A: 3231.57IU (64.63%), Manganese: 1.03mg (51.3%), Folate: 177.87µg (44.47%), Fiber: 9.12g (36.47%), Selenium: 23.29µg (33.27%), Vitamin C: 24.28mg (29.44%), Vitamin B2: 0.46mg (27.33%), Vitamin B5: 2.39mg (23.94%), Vitamin B6:

0.47mg (23.46%), Potassium: 809.31mg (23.12%), Phosphorus: 226.52mg (22.65%), Vitamin E: 3.39mg (22.59%), Magnesium: 81.31mg (20.33%), Copper: 0.33mg (16.59%), Iron: 2.97mg (16.51%), Vitamin B3: 3.26mg (16.29%), Vitamin B1: 0.22mg (14.92%), Zinc: 1.95mg (12.99%), Calcium: 116.42mg (11.64%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)