



Avocado on toast with chorizo & fried eggs



Dairy Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp pumpkin seeds
- ☐ 85 g chorizo sliced into chunks
- ☐ 1 large avocado ripe peeled
- ☐ 0.5 juice of lime
- ☐ 0.5 package cilantro leaves fresh chopped
- ☐ 2 eggs
- ☐ 4 slices bread thick-cut

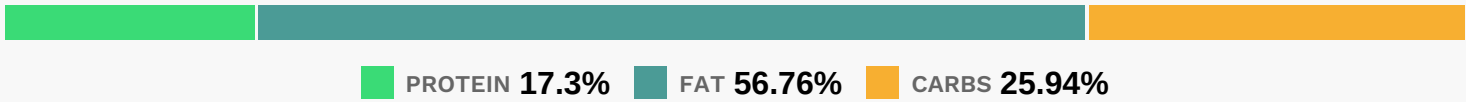
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toaster

Directions

- ☐ Heat a large frying pan, add the pumpkin seeds and toast for a few mins until they crack and pop, then tip out into a bowl and set aside.
- ☐ Add the chorizo and cook for 5 mins until it releases some of its oils and becomes crisp. Meanwhile, roughly mash the avocado with the lime juice, half the coriander and a pinch of salt.
- ☐ Heat a griddle pan and cook the bread for a few mins each side, or pop in the toaster. Push the chorizo to the edge of the frying pan, crack in the eggs and fry to your liking. To serve, divide the toast between 2 plates, spread with the mashed avocado, and pile on the chorizo, fried eggs and pumpkin seeds. Scatter with the remaining coriander.

Nutrition Facts



Properties

Glycemic Index:89.85, Glycemic Load:15.24, Inflammation Score:-7, Nutrition Score:23.910434950953%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 517.27kcal (25.86%), Fat: 33.27g (51.18%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 23.77g (8.64%), Sugar: 3.49g (3.88%), Cholesterol: 190.24mg (63.41%), Sodium: 322.55mg (14.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Manganese: 1.58mg (79.01%), Fiber: 10.43g (41.72%), Selenium: 28.84µg (41.2%), Folate: 129.41µg (32.35%), Phosphorus: 320.92mg (32.09%), Magnesium: 107.81mg (26.95%), Vitamin B2: 0.43mg (25.52%), Vitamin K: 26.79µg (25.51%), Vitamin B5: 2.5mg (25.03%), Vitamin B6: 0.46mg (23.22%), Vitamin B3: 4.53mg (22.63%), Iron: 4.03mg (22.38%), Vitamin B1: 0.32mg

(21.31%), Potassium: 738.67mg (21.1%), Copper: 0.42mg (20.95%), Vitamin E: 2.98mg (19.84%), Zinc: 2.59mg (17.29%), Vitamin C: 12.46mg (15.11%), Calcium: 131.5mg (13.15%), Vitamin A: 559.21IU (11.18%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)