



Egg 'n Bacon Avocado Toast



Entire recipe: 160 calories, 8.5g total fat (1.5g sat. fat), 499mg sodium, 14g carbs, 5g fiber, 2g sugars, 10g protein

Prep: 5 minutes **Cook:** 5 minutes or less

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Ingredients

- 1 slice light bread
- 1 1/2 oz. (about 3 tbsp.) mashed avocado
- Dash each salt and black pepper
- 1 tbsp. finely chopped red onion
- 1 large hard-boiled egg white, chopped
- 1 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)

Directions

- Toast bread.
- Evenly spread toast with avocado, and sprinkle with salt and pepper.
- Top with remaining ingredients.

MAKES 1 SERVING

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