



Guacamole Toast Breakfast Hack



Entire recipe: 194 calories, 9.5 total fat (2g sat fat), 462mg sodium, 18.5g carbs, 4.5g fiber, 3g sugars, 10g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 10 minutes



More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 slice whole-grain bread with 60–80 calories per slice
- 2 tbsp. store-bought guacamole (like [Wholly Guacamole](#))
- 2 tbsp. chopped tomato
- 1 tbsp. finely chopped red onion
- 1 large egg

Seasonings:

- Dash each salt and black pepper
- Optional toppings: chopped fresh cilantro

Directions

Toast bread. Spread with guacamole. Top with tomato and onion.

Bring a skillet sprayed with nonstick spray to medium heat. Add the egg, and sprinkle with salt and pepper. Cook egg over medium, 1–2 minutes. (Or cook to your preference.)

Place egg over the toast.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.