

# Trio of Avocado Toast

Recipe group Breakfast, American	Additional name Breakfast Recipes	Diet factors VG, SF	Portions 12	Portion size 30.85 OZ
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	24.0 ea	9 lb 0.00 OZ	21%	11 lb 7.21 OZ	Avocado, fresh, whole, peeled <i>Medium-size</i>	For the basic and protein avocado toast: In a large mixing bowl, add all ingredients in step 1. Mash avocado until it reaches a creamy consistency. Store in a sealed container in cooler until service.
	1/4 cup	0 lb 1.16 OZ	0%	0 lb 1.16 OZ	Salt, Kosher	
	1 cup	0 lb 8.30 OZ	59%	1 lb 4.10 OZ	Lemons, juice	



*Ingredients in bowl*



*Avocados mashed*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 qt	1 lb 15.74 OZ	21%	2 lb 8.38 OZ	Avocados, fresh, sliced	For the avocado toast with cherry tomatoes and balsamic glaze: In a mixing bowl, toss sliced avocado with lemon juice. Store in a sealed container in cooler until service.
	1 cup	0 lb 8.30 OZ	59%	1 lb 4.10 OZ	Lemons, juice	



*Avocado face down*

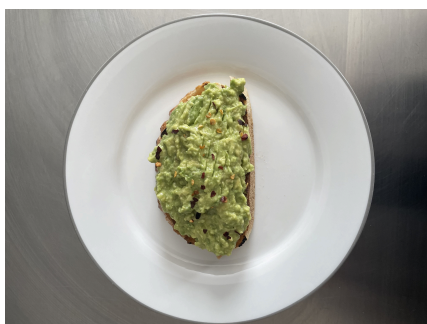


*Avocado sliced, drizzled with lemon juice*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00	Bread, Multi-grain, sliced, toasted	Basic Avocado Toast: Spread 1/2 cup of mashed avocado on toast. Top with 1/2 teaspoon of red pepper flakes, 2 tablespoons of radish slices, and 1 tablespoon of green onions. Drizzle with 1 teaspoon of olive oil.
	2 tbsp	0 lb 0.50 oz	0%	0 lb 0.50	Red Pepper oz Flakes	
	1 1/2 cup	0 lb 6.15 oz	0%	0 lb 6.15	Radish, Red, oz sliced	
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81	Onions, Green, oz sliced thinly on bias	
	1/4 cup	0 lb 1.96 oz	0%	0 lb 1.96	Oil, Olive oz	



*Toast on plate*



*Avocado and red pepper on toast*

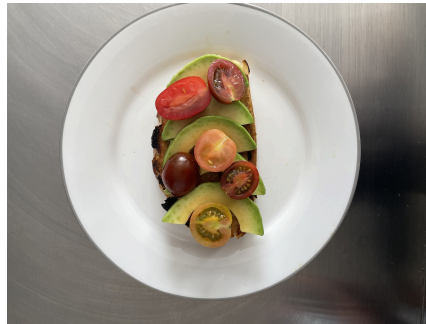


*Basic Avocado Toast*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00	Bread, Multi- oz grain, slice	Avocado Toast with Cherry Tomatoes and Balsamic Glaze: Layout 4-5 avocado slices along toast, top with 1/4 cup of cherry tomatoes and drizzle with 2 tablespoons balsamic glaze, and sprinkle 1/2 teaspoon of salt.
	1 1/2 pt	0 lb 15.39 oz	5%	1 lb 0.20	Tomatoes, oz Cherry, small, halved	
	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00	Glaze, Balsamic oz	



*Toast on plate*



*Avocado slices &  
tomatoes added*



*Avocado toast with  
tomatoes & balsamic glaze*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	3 tsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	Protein Packed Avocado Toast: Preheat oven to 350°F. Add garbanzo beans, oil, and spices, except zaatar, to a bowl and toss to combine. Transfer garbanzo beans to a lined baking sheet and bake for 30-35 minutes or until crispy. Allow to cool. To serve: Spread 1/2 cup of mashed avocado on toast, top with 1/4 cup of garbanzo beans and 1 teaspoon of zaatar.
	3 qt	4 lb 3.80 oz	0%	4 lb 3.80 oz	Beans, Garbanzo, canned, drained, rinsed	
	3/4 cup	0 lb 5.71 oz	0%	0 lb 5.71 oz	Oil, Olive Blend	
	2 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Paprika, Smoked, ground	
	2 tbsp	0 lb 0.68 oz	0%	0 lb 0.68 oz	Garlic, powder	
	2 tbsp	0 lb 0.46 oz	0%	0 lb 0.46 oz	Onion, powder	
	3 tsp	0 lb 0.30 oz	0%	0 lb 0.30 oz	Chili Powder	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Bread, Multi-grain, slice	
4 tbsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Zaatar, mix		



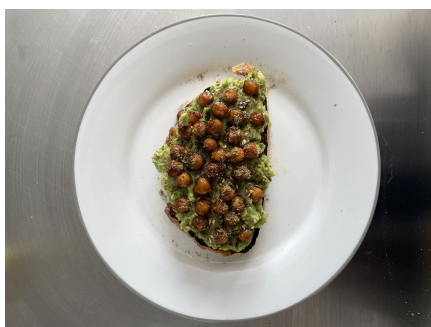
*Ingredients in bowl*



*Roasted chickpeas, done*

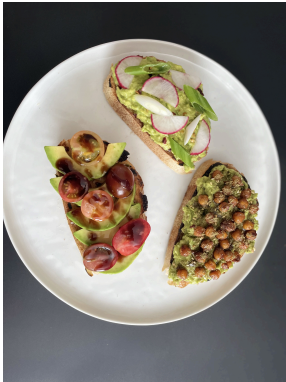


*Toast on plate*



*Protein Packed Avocado Toast*

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*Final- Trio of Avocado Toast*

**RECIPE IMAGES**



*Trio of Avocado Toast*

**ALLERGENS**

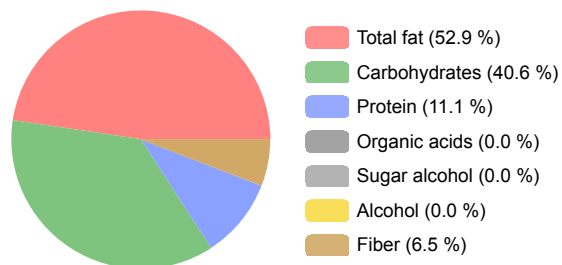
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## NUTRITION INFORMATION

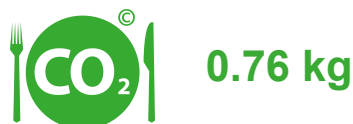
per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
			% of energy	1,502.39 kcal	75 %	Salt	6.43 g		
				6,286.04 kJ		Salt	0.73 %		
<b>Total fat</b>	<b>89.92 g</b>	<b>115 %</b>	<b>52.93 %</b>			Sodium	2,567.48 mg	112 %	<b>Vitamins</b>
Saturated	13.10 g	66 %	7.71 %			Phosphorus	724.63 mg	58 %	<b>Vitamin A</b>
Monounsaturated	55.93 g		32.92 %			Potassium	2,829.08 mg	60 %	<b>Vitamin D</b>
Polyunsaturated	14.08 g		8.29 %			Iron	8.79 mg	49 %	<b>Thiamine</b>
Trans fatty acids	0.00 g		0.00 %			Calcium	306.93 mg	24 %	<b>Riboflavin</b>
Cholesterol	0.00 mg	0 %				Zinc	6.50 mg	59 %	<b>Niacin</b>
Linolenic acid	12.95 g		7.62 %			Magnesium	294.94 mg	70 %	<b>Vitamin B6</b>
Alpha-linolenic acid	473.55 mg		0.28 %			Iodine	0.00 µg	0 %	<b>Vitamin B12</b>
<b>Total Carbohydrate</b>	<b>150.03 g</b>	<b>55 %</b>	<b>40.57 %</b>			Selenium	56.60 µg	103 %	<b>Folate</b>
Sugars total	25.60 g	51 %				Copper	1.69 mg	188 %	<b>Vitamin C</b>
Added sugar	0.00 g	0 %	0.00 %						<b>Vitamin E</b>
Lactose	0.85 g								<b>Vitamin K</b>
<b>Fiber</b>	<b>51.14 g</b>	<b>183 %</b>	<b>6.51 %</b>						<b>Others</b>
Organic acids	0.00 g		0.00 %						<b>Water</b>
Sugar alcohol	0.00 g		0.00 %						576.15 g
Starch	38.66 g		10.46 %						
<b>Protein</b>	<b>41.03 g</b>	<b>82 %</b>	<b>11.10 %</b>						
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>	<b>0.00 %</b>						

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.