

# Egg & Avocado Toast

## Ingredients

- Bread, Pullman Whole Grain, 15#, 10/24oz, 1oz slice, 1WG, Flowers Bakeries ,99835670
- Avocados, raw, all commercial varieties
- Egg, whole, raw, fresh
- Butter, without salt
- Salt, table
- Spices, pepper, black

## Quantity

- 4 slice
- 1 avocado, ns as to florida or california
- 4 large
- 1 Tbsp., 1 tsp.
- 1/2 tsp.
- 1/2 tsp. ground



**Egg and Avocado Toast**  
**Serving Size:** 1.00 slice  
**Yield:** 4.00

## Nutrition Facts

Serving Size 1 slice  
Serving Weight 134.027 gm

### Amounts Per Serving

Calories 266.530 kcal

**Total Fat** 16.967 gm

Saturated Fat 5.023 gm

Trans Fat 0.019 gm\*

**Cholesterol** 196.168 mg

**Sodium** 529.817 mg

**Potassium** 317.729 mg

**Carbohydrates** 19.833 gm

Fiber 4.439 gm

Sugars 2.521 gm

Added Sugars N/A\*

**Protein** 10.355 gm

Iron 2.083 mg

Calcium 36.621 mg

Vitamin A (IU) 463.119 iu

Vitamin C 5.025 mg

Vitamin D 1.000 mcg

Saturated Fat % of Calories  
16.96%

\* = Indicates missing Nutrient Information.

^ = Indicates user added nutrient.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

## Meal Components

1 Oz (Eq) Of Whole Grain-Rich  
2 Oz Of Meat/Meat Alternatives  
0.125 Cups Of Other

## Allergens

Eggs, Milk, Wheat

## Attributes

Vegetarian

## Preparation Instructions

### HACCP Process #2 - Same Day Service

• Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination. Remove frozen product from freezer using oldest pack date first. CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object. Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation. Separate different types of raw animal foods, such as eggs, fish, meat, and poultry, from each other, except when combined in recipes. Separate unwashed fruits and vegetables from washed fruits and vegetables and other ready-to-eat foods.

CCP: If State or local health department requirements are based on the 2001 FDA Food Code, cook products to the following temperatures:

- 145 °F for 15 seconds - Eggs cooked to order that are placed onto a plate and immediately served
- 155 °F for 15 seconds - Eggs held on a steam table

# Preparation Instructions

## Directions

- 1. In small nonstick skillet, melt butter over medium heat. Add eggs; season and scramble. In small bowl, mash avocado; season and spread on toast. Top with egg; sprinkle with pepper and hot sauce as desired.. Makes 1
- CCP: Ensure that hot food is held at a temperature above 135° F or higher
- CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.
- CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.
- CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
- CCP: Record time and internal temperature of completed recipe on daily log.

Recipe Credit: <https://www.rachaelraymag.com/recipe/egg-avocado-toast>