


# Avocado Toast with Tomato and Egg - NSLP

## General Information

Recipe #	Category	Source
2040946	Breakfast Entree 	Local

## Ingredients

Name	Quantity	+Quantity 2
Bread, whole-wheat, prepared from recipe	50 slice, regular (4" x 5" x 3/4")	
Avocados, raw, California	12 lbs.	
Lemon juice, raw	½ c.	
Salt, table	1 tsp.	
Spices, pepper, black	½ tsp. ground	
Tomatoes, red, ripe, raw, year round average	6 lbs.	
Egg, whole, raw, fresh	25 large	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

### 1. Prep Eggs

- Place eggs in a large pot, cover with cold water, bring to boil, then turn off heat and cover for 12 minutes.
- Drain and cool under cold running water. Peel and cut each egg in half lengthwise.

### 2. Prep Avocado Spread

- Scoop avocado flesh into a large bowl.
- Add lemon juice, salt, and pepper. Mash until smooth but still slightly chunky.
- Cover tightly and refrigerate until use to prevent browning.

### 3. Prep Tomatoes

- Wash tomatoes, slice into ¼-inch rounds.

### 4. Toast Bread

- Lightly toast bread slices on a sheet pan in a convection oven at 350°F for 4–6 minutes or on a griddle until golden.

### 5. Assemble Toasts

- Spread 2 Tbsp avocado mixture evenly on each slice of toast.
- Top with 1 tomato slice.
- Place ½ hard-boiled egg on top (flat side down) or slice into quarters for easier eating.

### 6. Serve



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Serving Size	Yield
1 Each	50.00

## Nutrition Facts

### Serving Size 1 Each (237 gm)

Amount Per Serving		
Calories		355.822
		% Daily Value*
<b>Total Fat</b>	21.753 gm	33.466%
<b>Saturated Fat</b>	3.479 gm	17.393%
<b>Trans Fat</b>	0.009* gm	
<b>Cholesterol</b>	93.000 mg	31%
<b>Sodium</b>	252.629 mg	10.526%
<b>Total Carbohydrate</b>	35.530 gm	11.843%
<b>Dietary Fiber</b>	10.829 gm	43.316%
<b>Total Sugars</b>	3.679 gm	
Includes 0.000* gm of Added Sugars		
<b>Protein</b>	9.628 gm	19.255%
<b>Vitamin A</b>	70.488 mcg RAE	7.832%
<b>Vitamin C</b>	17.981 mg	29.969%
<b>Vitamin D</b>	0.500 mcg	2.5%
<b>Calcium</b>	49.052 mg	4.905%
<b>Iron</b>	2.679 mg	14.884%
<b>Potassium</b>	862.701 mg	18.355%
<b>Saturated Fat % of Calories</b>		8.799%
<b>Added Sugar % of Calories</b>		0.000%

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

- Serve immediately for best texture.

#### Holding & Storage

- Best served fresh; avocado will brown if held too long.
- If prepping ahead, store avocado spread in an airtight container with plastic wrap pressed directly against the surface.
- Keep eggs refrigerated until assembly.

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.

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 products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

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.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**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.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

#### Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz
Grains	1 oz
Red/Orange	0.125 cups

#### Added Sugar Limitations

Not applicable.

### Dates

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**Last Updated**

02-02-2026

**Created**

01-06-2026

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