

Eggvocado

1 SERVING 25 MINUTES



INGREDIENTS

1/2 Avocado (unpeeled)

1 Egg

NUTRITION

AMOUNT PER SERVING

Calories	232	Iron	1mg
Fat	19g	Vitamin D	41IU
Carbs	9g	Folate	105µg
Fiber	7g	Magnesium	35mg
Protein	8g	Zinc	1mg
Vitamin C	10mg		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 03 Crack an egg in each half of the avocado and bake for 20-25 minutes, depending on how runny you like your eggs. Enjoy!

NOTES

RECIPE ID 205

COOK EGGS FULLY

Do not consume clear, runny or uncooked eggs.