

# Fried Egg & Avocado

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 tsp Extra Virgin Olive Oil  
1 Egg  
1/8 tsp Sea Salt  
1/2 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	242	Iron	1mg
Fat	21g	Vitamin D	41IU
Carbs	9g	Folate	105µg
Fiber	7g	Magnesium	35mg
Protein	8g	Zinc	1mg
Vitamin C	10mg		

## DIRECTIONS

- 01 In a medium-sized pan, heat the oil over medium heat.
- 02 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate, top with salt. Serve with the avocado and enjoy!

## NOTES

### RECIPE ID 206

### NO EXTRA VIRGIN OLIVE OIL

Use avocado oil, butter or ghee instead.