

Avocado Baked Egg

Looking for a low-carb, filling breakfast option? We've got a winner here!

Recipe by Cindy Medina

Makes 1 Serving

Price Per Serving: \$1.00

Prep Time: 2 minutes Cook Time: 15 minutes



1 medium egg

1/2 Hass avocado

1 tsp honey mustard

Pinch of Salt

Pinch of Pepper

Pinch of seasoning of your choice (cajun, lemon pepper, taco, etc.)

Preheat oven to 425 degrees F. Scoop out seed from avocado. Spread the honey mustard where the seed used to be. Sprinkle salt and pepper on the avocado. Place egg in the avocado with the yolk in the center. Allow the egg whites to spread around the avocado. Alternatively, scoop a larger hole in the avocado so that the entire egg may fit there. Sprinkle seasoning of your choice on egg/avocado. Place avocado in the oven for 15 minutes or until egg is cooked to personal preference.

| Nutrition Facts | |
|---|-----------------------|
| Serving Size 123 g | |
| Amount Per Serving | |
| Calories 195 | Calories from Fat 137 |
| % Daily Value* | |
| Total Fat 16g | 24% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 211mg | 70% |
| Sodium 215mg | 9% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 5g | 19% |
| Sugars 1g | |
| Protein 8g | |
| Vitamin A 7% | Vitamin C 10% |
| Calcium 4% | Iron 8% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small> | |
| NutritionData.com | |

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