

The Culinary Institute of America

Recipe: 000119 HFHK Avocado Egg Toast w/ Mole

Recipe Source: Bill Yosses
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 1
 Size of Portion: each

018075 BREAD,WHOLE-WHEAT,COMMLY PREP....	1 slice	1. Toast whole wheat bread.
009037 AVOCADOS,RAW,ALL COMM VAR..... 009160 LIME JUICE,RAW..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK.....	1/2 avocado 1 1/2 TSP 1 dash 1 dash	2. Mash avocado, lime juice, salt, pepper, and cilantro. Spread on toast.
001123 EGG,WHOLE,RAW,FRESH.....	1 large	3. Cook egg over easy and serve on top of avocado toast.
R000120 HFHK Mole Sauce..... 902417 Cilantro, fresh, leaf.....	1 tablespoon 1 TSP, roughly chopped	4. Serve with mole sauce and cilantro.

*Nutrients are based upon 1 Portion Size (each)

Calories	360 kcal	Cholesterol	186.25 mg	Protein	12.65 g	Calcium	85.32 mg	60.78%	Calories from Total Fat
Total Fat	24.31 g	Sodium	348.15 mg	Vitamin A	166.72 RE	Iron	2.61 mg	12.08%	Calories from Saturated Fat
Saturated Fat	4.83 g	Carbohydrates	26.45 g	Vitamin A	485.78 IU	Water ¹	*137.45* g	*0.59%*	Calories from Trans Fat
Trans Fat ¹	*0.24* g	Dietary Fiber	9.31 g	Vitamin C	13.00 mg	Ash ¹	*3.72* g	29.39%	Calories from Carbohydrates
								14.06%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.000 oz		Y - Egg	N - Milk	? - Tree Nut
Grain..... 1.000 oz		Y - Wheat	N - Peanut	
Fruit..... cup			N - Fish	
Vegetable..... 0.250 cup			N - Shellfish	
Milk..... cup			N - Soy	
Moisture & Fat Change				
Moisture Change..... 0%				
Fat Change..... 0%				

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	018075	BREAD,WHOLE-WHEAT,COMMLY PREP			
I	009037	AVOCADOS,RAW,ALL COMM VAR			
I	009160	LIME JUICE,RAW			
I	002047	SALT,TABLE			
I	002030	PEPPER,BLACK			
I	001123	EGG,WHOLE,RAW,FRESH			
R	000120	HFHK Mole Sauce			
I	902417	Cilantro, fresh, leaf			

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