



Poached Eggs with Avocado & Smoked Salmon

1 serving
25 minutes

Ingredients

- 2 Egg (free range)
- 1 slice Gluten Free Bread
- 1/4 cup Arugula
- 1/2 Avocado
- 1 oz Smoked Salmon
- 1/4 Lemon
- 1/8 bunch Fresh Dill

Directions

1

Poach eggs to preference and place atop toast with crushed avocado and smoked salmon slices. Garnish with fresh dill and/or fresh lemon wedge.

Nutrition

Amount per serving	
Calories	419
Fat	28g
Saturated	6g
Trans	0g
Carbs	23g
Fiber	8g
Sugar	4g
Protein	22g