

Smoked Salmon Avocado Toast

7 ingredients · 5 minutes · 1 serving



Directions

1. Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

Notes

No Yellow Onion

Use red or green onions instead.

No Bread

Use a large cracker or flatbread.

Gluten-Free

Use gluten-free toast or crackers.

No Dill

Use another fresh herb such as parsley.

Ingredients

1/2 Avocado

1 slice Bread (toasted)

42 grams Smoked Salmon (cut into bite-sized pieces)

1/8 Yellow Onion (thinly sliced)

1/2 tsp Capers

1 1/2 tsps Fresh Dill (chopped)

1/4 tsp Lemon Juice

Nutrition

Amount per serving

Calories	294	Vitamin D	288IU
Fat	19g	Vitamin E	3mg
Carbs	22g	Vitamin K	22µg
Fiber	8g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0.3mg
Protein	12g	Niacin	4mg
Cholesterol	10mg	Vitamin B6	0.4mg
Sodium	451mg	Folate	83µg
Potassium	616mg	Vitamin B12	1.4µg
Vitamin A	207IU	Phosphorous	141mg
Vitamin C	11mg	Magnesium	45mg
Calcium	38mg	Zinc	1mg
Iron	2mg	Selenium	14µg

