

# Eggvocado

2 ingredients · 15 minutes · 1 serving



## Directions

1. Preheat oven to 350°F (177°C).
2. Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
3. Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

## Notes

### On The Go

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

## Ingredients

1 Avocado

2 Egg

## Nutrition

Amount per serving

<b>Calories</b>	465	Vitamin D	82IU
<b>Fat</b>	39g	Vitamin E	5mg
<b>Carbs</b>	18g	Vitamin K	43µg
Fiber	13g	Thiamine	0.2mg
Sugar	2g	Riboflavin	0.7mg
<b>Protein</b>	17g	Niacin	4mg
Cholesterol	372mg	Vitamin B6	0.7mg
Sodium	156mg	Folate	210µg
Potassium	1113mg	Vitamin B12	0.9µg
Vitamin A	833IU	Phosphorous	303mg
Vitamin C	20mg	Magnesium	70mg
Calcium	80mg	Zinc	3mg
Iron	3mg	Selenium	32µg