

Add Ingredients

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Coffee Latte

1 × 1 medium (480g)

Multi-Grain Toast

1 × 1 slice regular (24g)

Avocados

1 × 1 avocado, rrs as to florida or califon

Clear Recipe

★ Save Recipe

Number of Servings: 1

Totals Comparison Amino Acids

Nutrition Facts

Serving Size  
Whole Recipe (705g)

Calories 597

	% Daily Value *
Total Fat 38.6g	50%
Saturated Fat 9.6g	48%
Trans Fat 0g	
Cholesterol 33.6mg	11%
Sodium 310.2mg	13%
Total Carbohydrate 48.9g	18%
Dietary Fiber 15.4g	55%
Total Sugars 23.2g	46%
Includes — g Added Sugars	— %
Protein 20.8g	42%
Vitamin C 21.1mg	23%
Vitamin D 4.8mcg	24%
Iron 2mg	11%
Calcium 530.8mg	41%
Potassium 1687.7mg	36%
Phosphorus 538.2mg	43%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Recipe Nutrition Fact Finder

**TD Snyder**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'TD Snyder' text.

## Recipe Nutrition Fact Finder:

## **Recipe Nutrition Fact Finder** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Recipe Nutrition Fact Finder**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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