

GRILLED AVOCADO

Recipe makes
2 servings

Prep time
5 minutes



NUTRITION INFO PER SERVING (1/2 recipe)

Calories 150

Protein 1.5 g

Phenylalanine 67 mg

INGREDIENTS

- 1 avocado, destoned, halved and peeled
- 1 Tbsp lime juice, fresh
- 2 tsp olive oil

DIRECTIONS

- 1 Drizzle lime juice over the avocado and brush lightly with olive oil.
- 2 Cook avocado (cut side down) on a dry griddle pan or a barbecue for about 4 minutes.
- 3 Serve and enjoy.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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