

Recipe makes
8 servings

Prep time
5 minutes



NUTRITION INFO PER SERVING (1/8 recipe)

Calories 60

Protein 1 g

Phenylalanine 39 mg

INGREDIENTS

2 medium-sized avocados,
peeled, pitted, and chopped

1/4 red onion, peeled and
chopped

1/2 red chili pepper, deseeded
and finely chopped

1 plum tomato, finely
chopped

Salt, to taste

Black pepper, to taste

2 limes

Half bunch fresh cilantro,
chopped (optional)*

DIRECTIONS

- 1** Add chopped avocado to a large bowl and mash with a fork.
- 2** Mix in the onion, chilli pepper, tomato, salt and pepper.
- 3** Squeeze the limes over the avocado mixture and stir to combine.
- 4** Top with chopped cilantro if desired.

*Please note optional ingredients are not included in the nutrition analysis.

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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