

Avocado Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/avocado-salad-recipe-south-africa>

Ingredients:

- 3 avocados ripe
- 1 lime
- 2 cups cherry tomatoes halved
- 1/2 cup red onion sliced
- 1/4 cup fresh cilantro chopped, or parsley
- 2 tablespoons olive oil
- 1 clove garlic minced
- salt
- pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 23 grams
3. Fat: 29 grams
4. Fiber: 13 grams
5. Protein: 5 grams
6. SaturatedFat: 4 grams
7. Sodium: 210 milligrams
8. Sugar: 5 grams

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