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Nachos

Recipe makes:

1 portion

Preparation time:

10 minutes

Cooking time:

20 minutes

Nutritional Information	Per portion
Energy	205 kcal
Protein	11g
Carbohydrates of which sugars	6.5g 1.8g
Total Fat	13g

Ingredients:

1 FiberFlour* mini tortilla (visit GSDandME.com for this recipe)
Low-calorie oil spray
30g mashed avocado
¼ tsp chilli powder

Salt and pepper to taste
10g half-fat soured cream
10g low-fat cheddar cheese, grated
15g tomatoes, diced

Method:

1. Pre-heat the oven to 200°C/ 180°C fan/ gas mark 6, or an air fryer to 180°C.
2. Cut the FiberFlour tortilla into triangles using a sharp knife.
3. Spray each side with low-calorie oil spray and place on a baking tray.
4. Bake for 5-8 minutes until crispy and golden brown.
5. In a bowl, mix together the mashed avocado, chilli powder and salt and pepper.
6. Plate up the nachos and top with the mashed avocado, soured cream, cheese and tomatoes.

Dietitian's comments:



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*FiberFlour is a low-carbohydrate, high-fibre alternative to traditional whole wheat flour made by Lonjeivity Foods. Around 100g of FiberFlour will provide 23g protein, 42g fibre and 15g net carbohydrates. FiberFlour can be purchased from Amazon.co.uk and lonjeivity-foods.com.

Alternative products may be available - please check with your Dietitian.

Always check with your dietitian that this recipe is suitable for you.

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrimer analysis. Refer to labels for allergen and other product information.



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