



Avocado Fries

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 2 medium firm-ripe avocados pitted peeled sliced into 1/2-in. wedges
- 6 servings canola oil for frying
- 2 large eggs beaten to blend
- 0.3 cup flour
- 0.3 tsp kosher salt
- 1.3 cups panko bread crumbs (Japanese bread crumbs)

Equipment

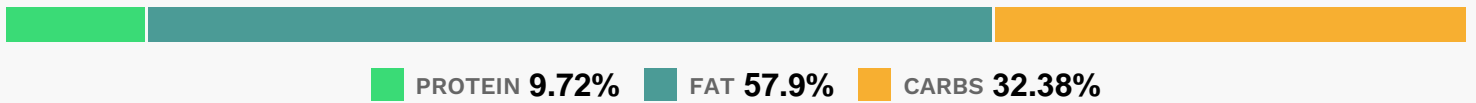
- paper towels

- sauce pan
- oven
- kitchen thermometer

Directions

- Preheat oven to 20
- In a medium saucepan, heat 1 1/2 in. oil until it registers 375 on a deep-fry thermometer.
- Meanwhile, mix flour with 1/4 tsp. salt in a shallow plate. Put eggs and panko in separate shallow plates. Dip avocado in flour, shaking off excess. Dip in egg, then panko to coat. Set on 2 plates in a single layer.
- Fry a quarter of avocado slices at a time until deep golden, 30 to 60 seconds.
- Transfer slices to a plate lined with paper towels. Keep warm in oven while cooking remaining avocados.
- Sprinkle with salt to taste.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:3.37, Inflammation Score:-4, Nutrition Score:10.191739134167%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 224.12kcal (11.21%), Fat: 14.95g (23%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 13.61g (4.95%), Sugar: 1.29g (1.44%), Cholesterol: 62mg (20.67%), Sodium: 216.86mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Folate: 85.01µg (21.25%), Fiber: 5.19g (20.77%), Vitamin K: 16.96µg (16.15%), Selenium: 10.3µg (14.72%), Vitamin B1: 0.21mg (14.22%), Vitamin B2: 0.24mg (14.08%), Vitamin E: 2.07mg (13.77%), Vitamin B5: 1.28mg (12.78%), Manganese: 0.25mg (12.52%), Vitamin B3: 2.32mg (11.58%), Vitamin B6: 0.22mg (10.9%), Potassium: 378.04mg (10.8%), Phosphorus: 94.09mg (9.41%), Copper: 0.18mg (8.94%), Iron: 1.51mg (8.37%), Vitamin C: 6.7mg (8.12%), Magnesium: 27.95mg (6.99%), Zinc: 0.86mg (5.75%), Calcium: 41.09mg (4.11%), Vitamin A: 187.82IU (3.76%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.33µg

(2.22%)