



Avocado Fries

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- 2 firm-ripe avocados cut into 1/2-inch wedges
- 6 servings canola oil for frying
- 2 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 0.3 teaspoon kosher salt plus more to taste
- 1.3 cups panko bread crumbs (Japanese breadcrumbs)

Equipment

- baking sheet

- paper towels
- sauce pan
- oven
- dutch oven

Directions

- Pour oil to depth of 1 1/2 inches in a medium saucepan or Dutch oven.
- Heat to 375 over medium-high heat.
- Meanwhile, combine flour and salt in a shallow plate. Put eggs and panko in separate shallow plates. Dip avocado wedges in flour, shaking off excess. Dip in egg, and then dredge in panko to coat.
- Fry avocado wedges, in batches, 30 to 60 seconds or until golden brown, and drain on paper towels.
- Place on a baking sheet in a 200 oven to keep warm while frying remaining wedges.
- Sprinkle with additional salt to taste.

Nutrition Facts

PROTEIN 9.72% **FAT 57.9%** **CARBS 32.38%**

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: Og (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%)