



Crispy Baked Avocado Fries



Vegetarian



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 2 large avocados sliced
- ☐ 1 chipotle chili in adobo chopped
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 1 cup panko bread crumbs
- ☐ 0.3 cup ranch dressing
- ☐ 4 servings salt to taste

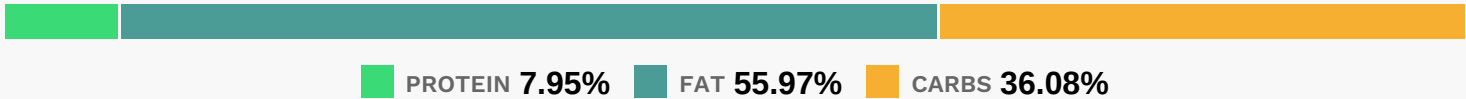
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Season the avocado slices with salt, pepper and cayenne to taste, dredge them in flour, dip them in egg and then panko breadcrumbs.
- ☐ Place the avocado slices in a single layer on a wire rack on a baking sheet and bake in a preheated 425F oven until golden brown, about 15–20 minutes.
- ☐ Serve with a mixture of ranch and chipotle dressing.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:9.55, Inflammation Score:-8, Nutrition Score:17.170000060745%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 369.27kcal (18.46%), Fat: 23.86g (36.71%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 25.74g (9.36%), Sugar: 3.31g (3.68%), Cholesterol: 44.82mg (14.94%), Sodium: 270.02mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin K: 43.88µg (41.79%), Fiber: 8.87g (35.5%), Folate: 133.94µg (33.48%), Vitamin B1: 0.35mg (23.22%), Manganese: 0.44mg (21.83%), Vitamin E: 3.15mg (20.98%), Vitamin A: 1044.03IU (20.88%), Vitamin B2: 0.35mg (20.59%), Selenium: 13.56µg (19.37%), Vitamin B3: 3.86mg (19.28%), Vitamin B5: 1.84mg (18.36%), Vitamin B6: 0.36mg (17.78%), Potassium: 598.6mg (17.1%), Phosphorus: 149.43mg (14.94%), Vitamin C: 11.58mg (14.03%), Copper: 0.27mg (13.5%), Iron: 2.4mg (13.31%), Magnesium: 44.14mg (11.04%), Zinc: 1.19mg (7.91%), Calcium: 55.17mg (5.52%), Vitamin B12: 0.18µg (2.93%), Vitamin D: 0.23µg (1.57%)