



Fried Avocado Tacos (Tacos de aguacate rebosado)



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces beer
- ☐ 3 tofu pitted peeled quartered
- ☐ 1 cup flour
- ☐ 0.5 teaspoon salt
- ☐ 3 cups vegetable oil for frying

Equipment

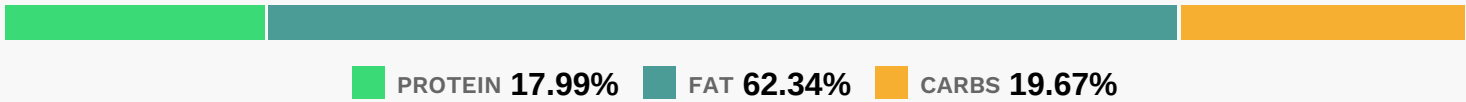
- ☐ bowl

- ☐ pot
- ☐ kitchen thermometer
- ☐ wok

Directions

- ☐ Heat the oil in a 4-quart pot or a wok until a deep-fat thermometer registers 360°F.
- ☐ Put the beer in a wide bowl and stir in the salt.
- ☐ Put the flour in another wide bowl.
- ☐ Cut each quarter of avocado into 3 long wedges and dunk the wedges first in the beer, then turn them gently in the flour to coat.
- ☐ Transfer about 6 avocado slices at a time to the oil and fry until a light-golden crust forms, 1 to 2 minutes.
- ☐ Transfer to a paper-towel-lined plate to drain. Fry more avocado slices in the same manner until all slices have been fried.
- ☐ Make tacos with 3 slices of avocado and the accompaniments.
- ☐ ACCOMPANIMENTS: Warm flour or corn tortillas, Lime-Chipotle Mayonnaise, chopped cilantro
- ☐ Reprinted with permission from Just Tacos by Shelley Wiseman, © 2011 Taunton Press

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:18.74, Inflammation Score:-5, Nutrition Score:10.810434784578%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 676.68kcal (33.83%), Fat: 46.07g (70.88%), Saturated Fat: 6.52g (40.75%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 29.47g (10.72%), Sugar: 0.98g (1.08%), Cholesterol: 0mg (0%), Sodium: 305.46mg (13.28%), Alcohol: 2.21g (100%), Alcohol %: 0.51% (100%), Protein: 29.92g (59.84%), Vitamin K: 60.23µg (57.36%), Calcium: 378.39mg (37.84%), Iron: 5.03mg (27.97%), Vitamin E: 2.69mg (17.96%), Vitamin B1: 0.25mg (16.54%), Selenium: 10.93µg (15.62%), Folate: 60.59µg (15.15%), Fiber: 3.22g (12.88%), Manganese: 0.22mg (10.92%), Vitamin B3: 2.14mg (10.68%), Vitamin B2: 0.17mg (9.91%), Phosphorus: 41.69mg (4.17%), Magnesium: 10.28mg (2.57%), Copper: 0.05mg (2.4%), Vitamin B6: 0.04mg (1.99%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.23mg (1.5%), Potassium: 48.81mg (1.39%)