



## Fried Avocado Wedges with Wasabi-Lime-Mayo Dipping Sauce

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



1073 kcal

SIDE DISH

### Ingredients

- 0.3 cup mayonnaise
- 0.5 teaspoon wasabi powder
- 0.5 teaspoon juice of lime fresh
- 1.5 cups canola oil (or 2 inches oil in skillet)
- 0.5 cup flour all-purpose
- 1 eggs beaten
- 1 cup panko bread crumbs crispy

- 2 avocado
- 0.5 teaspoon kosher salt (coarse)

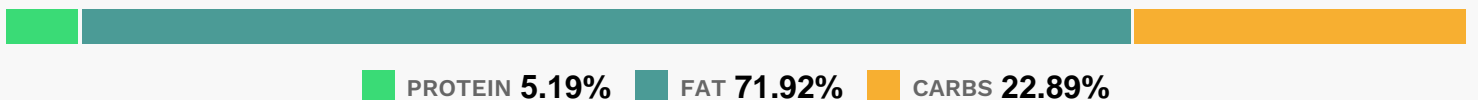
## Equipment

- bowl
- frying pan
- ramekin
- kitchen towels
- slotted spoon

## Directions

- In 6-oz ramekin or other small dish, mix mayonnaise, wasabi powder and lime juice. Cover; refrigerate until ready to serve.
- In deep 10-inch skillet, heat oil over medium-high heat to about 350°F.
- Meanwhile, in 3 separate small shallow bowls, place flour, beaten egg and bread crumbs. Line large plate with kitchen towels.
- Remove pit and peel from avocados.
- Cut each avocado into 6 wedges. Dip 1 wedge into flour to coat; tap off excess. Dip into beaten egg to coat, then coat with bread crumbs. Continue until all wedges are breaded.
- In batches, carefully place breaded avocado wedges in hot oil. Fry 30 to 60 seconds on each side or until golden brown.
- With slotted spoon, carefully remove fried wedges from skillet; place on towel-lined plate. Season with salt.
- Serve with dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:82.5, Glycemic Load:18.8, Inflammation Score:-8, Nutrition Score:33.045217679894%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 1073.32kcal (53.67%), Fat: 88.08g (135.51%), Saturated Fat: 11.13g (69.55%), Carbohydrates: 63.07g (21.02%), Net Carbohydrates: 47.38g (17.23%), Sugar: 3.53g (3.93%), Cholesterol: 93.6mg (31.2%), Sodium: 1024.77mg (44.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Vitamin K: 113.95µg (108.53%), Vitamin E: 11.24mg (74.9%), Folate: 264.01µg (66%), Fiber: 15.69g (62.74%), Vitamin B1: 0.68mg (45.49%), Manganese: 0.79mg (39.25%), Vitamin B2: 0.64mg (37.82%), Selenium: 26.36µg (37.65%), Vitamin B3: 7.35mg (36.76%), Vitamin B5: 3.48mg (34.82%), Potassium: 1106.05mg (31.6%), Vitamin B6: 0.61mg (30.37%), Copper: 0.53mg (26.29%), Vitamin C: 20.58mg (24.95%), Iron: 4.46mg (24.76%), Phosphorus: 237.59mg (23.76%), Magnesium: 81.27mg (20.32%), Zinc: 2.27mg (15.15%), Calcium: 99.12mg (9.91%), Vitamin A: 431.17IU (8.62%), Vitamin B12: 0.33µg (5.57%), Vitamin D: 0.5µg (3.31%)