



Fried Avocados

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



845 kcal

SIDE DISH

Ingredients

- 1 avocado pitted peeled sliced
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 pinch ground cumin
- 2 tablespoons suya seasoning mix salt-free
- 2 cups vegetable oil for frying ()

Equipment

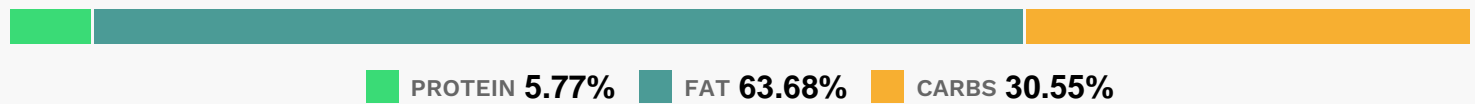
- bowl

- frying pan
- paper towels

Directions

- Heat oil in a large heavy skillet or deep-fryer to 365 degrees F (180 degrees C).
- In a small bowl, mix together the flour, seasoning blend and cumin.
- Place the beaten egg in a shallow dish. Dip avocado slices in beaten egg, and then in the flour mixture. You may repeat the dipping process if you prefer a thicker batter.
- Fry the coated avocado slices in the hot oil for 3 to 5 minutes, until golden brown, turning once.
- Drain on paper towels, and serve hot.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:35.44, Inflammation Score:-8, Nutrition Score:32.042608903802%

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: 844.56kcal (42.23%), Fat: 61.72g (94.96%), Saturated Fat: 9.81g (61.29%), Carbohydrates: 66.64g (22.21%), Net Carbohydrates: 51.93g (18.88%), Sugar: 1.52g (1.69%), Cholesterol: 81.84mg (27.28%), Sodium: 43.31mg (1.88%), Alcohol: 0g (100%), Protein: 12.58g (25.16%), Vitamin K: 193.47µg (184.26%), Manganese: 1.31mg (65.73%), Folate: 241.17µg (60.29%), Fiber: 14.71g (58.84%), Vitamin E: 8.62mg (57.45%), Iron: 9.32mg (51.78%), Selenium: 29.01µg (41.45%), Vitamin B1: 0.59mg (39.55%), Vitamin B2: 0.62mg (36.36%), Vitamin B3: 6.14mg (30.72%), Calcium: 270.37mg (27.04%), Vitamin B6: 0.48mg (23.89%), Potassium: 771.87mg (22.05%), Vitamin B5: 2.14mg (21.43%), Magnesium: 85.64mg (21.41%), Copper: 0.39mg (19.54%), Phosphorus: 185.45mg (18.55%), Vitamin C: 10.39mg (12.6%), Zinc: 1.76mg (11.76%), Vitamin A: 517.69IU (10.35%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)