



Hot and Crunchy Avocado Fries



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 2 avocados
- ☐ 1 teaspoon mild chili powder
- ☐ 1 eggs
- ☐ 2 tablespoons ground flax
- ☐ 4 servings hot sauce
- ☐ 0.8 cup panko breadcrumbs
- ☐ 4 servings salt

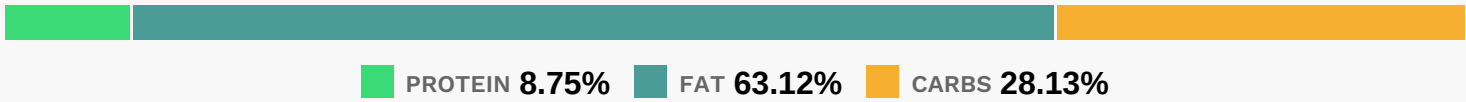
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°. In a bowl, combine 3/4 cup panko breadcrumbs, 2 tablespoons ground flax and 1 teaspoon mild chili powder. In another bowl, whisk 1 egg.
- ☐ Cut 2 peeled avocados into 16 wedges, dip wedges in egg, press into breadcrumb mixture and transfer to a baking sheet. Coat with vegetable oil cooking spray.
- ☐ Bake until outside is crispy, 10 to 12 minutes. Season with salt and drizzle with hot sauce.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:12.985217477964%

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: 241.08kcal (12.05%), Fat: 17.96g (27.64%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 9.64g (3.51%), Sugar: 1.49g (1.66%), Cholesterol: 40.92mg (13.64%), Sodium: 310.69mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Fiber: 8.37g (33.48%), Folate: 101.8µg (25.45%), Vitamin K: 22.56µg (21.49%), Manganese: 0.35mg (17.25%), Vitamin B5: 1.67mg (16.66%), Potassium: 563.04mg (16.09%), Vitamin E: 2.41mg (16.04%), Vitamin B1: 0.24mg (15.95%), Vitamin B6: 0.32mg (15.89%), Vitamin B2: 0.24mg (13.92%), Copper: 0.28mg (13.77%), Vitamin B3: 2.67mg (13.35%), Magnesium: 49.78mg (12.44%), Vitamin C: 10.15mg (12.3%), Phosphorus: 116.58mg (11.66%), Selenium: 7.61µg (10.87%), Iron: 1.58mg (8.77%), Zinc: 1.12mg (7.48%), Vitamin A: 354.54IU (7.09%), Calcium: 49.51mg (4.95%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.22µg (1.47%)