



## Spicy Beer-Battered Avocado

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- 12 oz beer dark chilled canned
- 2 tablespoons sriracha
- 1 serving vegetable oil for deep frying
- 3 avocado pitted peeled quartered
- 1 juice of lime

- 1 serving sea salt
- 2 plum tomatoes chopped (Roma)

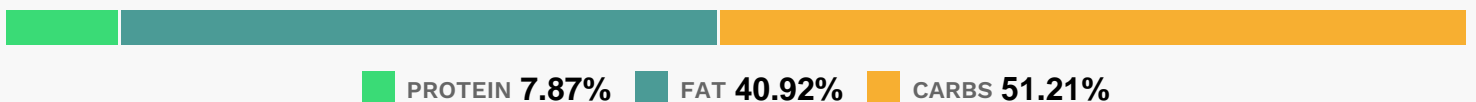
## Equipment

- bowl
- paper towels
- sauce pan
- whisk
- dutch oven

## Directions

- In medium bowl, mix flour, baking powder, table salt, beer and Sriracha sauce with whisk until smooth.
- In 5-quart Dutch oven or heavy saucepan, heat 2 to 3 inches oil to 350°F. Toss avocado quarters with lime juice. Working in small batches, dip avocado quarters in batter. Fry in hot oil about 2 minutes or until golden brown.
- Drain on paper towels; sprinkle with sea salt.
- Serve fried avocado warm, garnished with tomato.

## Nutrition Facts



## Properties

Glycemic Index:47.58, Glycemic Load:25.27, Inflammation Score:-7, Nutrition Score:16.614782558835%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

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

Calories: 347.48kcal (17.37%), Fat: 15.71g (24.17%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 36.09g (13.12%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 757.68mg (32.94%), Alcohol: 2.21g (100%), Alcohol %: 1.2% (100%), Protein: 6.8g (13.6%), Folate: 164.92µg (41.23%), Fiber: 8.14g (32.57%), Vitamin B1: 0.41mg (27.18%), Vitamin B3: 4.64mg (23.2%), Manganese: 0.46mg (22.96%), Vitamin K: 23.85µg (22.72%), Vitamin C: 17.62mg (21.36%), Selenium: 14.88µg (21.25%), Vitamin B2: 0.36mg (21.11%), Potassium: 608.87mg (17.4%), Vitamin B6: 0.33mg (16.4%), Vitamin B5: 1.63mg (16.31%), Iron: 2.8mg (15.57%), Phosphorus: 155.15mg (15.52%), Vitamin E: 2.27mg (15.14%), Calcium: 141.47mg (14.15%), Copper: 0.27mg (13.45%), Magnesium: 45.15mg (11.29%), Vitamin A: 328.4IU (6.57%), Zinc: 0.99mg (6.57%)