



Spicy Beer-Battered Avocado



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



368 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 avocado pitted peeled quartered
- ☐ 3 teaspoons double-acting baking powder
- ☐ 12 oz beer dark chilled canned
- ☐ 6 servings sea salt
- ☐ 2 cups flour all-purpose
- ☐ 1 juice of lime
- ☐ 2 plum tomatoes chopped (Roma)
- ☐ 2 tablespoons sriracha

- ☐ 1 teaspoon salt
- ☐ 6 servings vegetable oil for deep frying

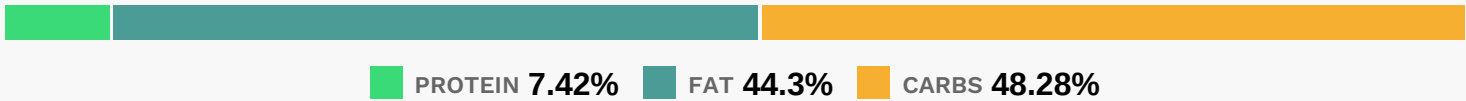
Equipment

- ☐ 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 350F. 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:16.850434777529%

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:

0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 368.11kcal (18.41%), Fat: 18.04g (27.76%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 36.09g (13.12%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 919.17mg (39.96%), Alcohol: 2.21g (100%), Alcohol %: 1.14% (100%), Protein: 6.8g (13.6%), Folate: 164.92µg (41.23%), Fiber: 8.14g (32.57%), Vitamin B1: 0.41mg (27.18%), Vitamin K: 28.15µg (26.81%), Vitamin B3: 4.64mg (23.2%), Manganese: 0.46mg (22.99%), Vitamin C: 17.62mg (21.36%), Selenium: 14.88µg (21.25%), Vitamin B2: 0.36mg (21.11%), Potassium: 608.91mg (17.4%), Vitamin E: 2.46mg (16.41%), Vitamin B6: 0.33mg (16.4%), Vitamin B5: 1.63mg (16.31%), Iron: 2.8mg (15.58%), Phosphorus: 155.15mg (15.52%), Calcium: 141.57mg (14.16%), Copper: 0.27mg (13.46%), Magnesium: 45.16mg (11.29%), Zinc: 0.99mg (6.57%), Vitamin A: 328.4IU (6.57%)