

Crisp-Coated Avocado Fries

AvocadoCentral.com

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Servings: 6

CILANTRO-CHIPOTLE DIPPING SAUCE

1 container (8 ounce) light sour cream

1 tablespoon fresh cilantro, chopped

1 1/2 teaspoons canned chipotle
peppers in adobo sauce, chopped

AVOCADO FRIES

1/4 cup all-purpose flour

1/2 teaspoon salt

1/2 teaspoon dried parsley

1/4 teaspoon ground cumin

1/4 teaspoon ground black pepper

2 eggs, lightly beaten

2 medium firm, ripe avocados, pitted,
peeled and sliced into 1/2-inch
wedges

nonstick cooking spray

Preparation Time: 30 minutes

Bake: 10 minutes

Preheat the oven to 450 degrees.

Prepare the Cilantro-Chipotle Dipping Sauce: In a small bowl, combine the sour cream, cilantro and chipotle peppers. Mix well.

In a shallow dish, combine the flour, salt, parsley, cumin and pepper.

In a second shallow dish, place the beaten eggs.

In a third shallow dish, place the panko.

Dip the avocado slices in the flour mixture to coat, shaking off the excess mixture. Dip the slices in the beaten eggs, then in the panko to coat. Arrange in a single layer on a foil- or parchment-lined baking sheet coated with nonstick cooking spray. Coat the avocado fries with nonstick cooking spray.

Bake for 10 minutes or until crisp and golden brown.

Serve with Cilantro-Chipotle Dipping Sauce

Per Serving (excluding unknown items): 46 Calories; 2g Fat (36.4% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 71mg Cholesterol; 203mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	46
% Calories from Fat:	36.4%
% Calories from Carbohydrates:	39.1%
% Calories from Protein:	24.5%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	71mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	203mg
Potassium (mg):	33mg
Calcium (mg):	14mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	102IU
Vitamin A (r.e.):	25 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	16mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 46 Calories from Fat: 17

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	3%
Cholesterol 71mg	24%
Sodium 203mg	8%
Total Carbohydrates 4g	1%
Dietary Fiber trace	1%
Protein 3g	

Vitamin A	2%
Vitamin C	0%
Calcium	1%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.