

# Deep Fried Guacamole

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## **Yield: 16 appetizers**

*2 cups Kikkoman gluten-free panko*

*1/4 cup red onion, minced*

*1/2 cup corn starch*

*2 tablespoons lime juice*

*1 tablespoon garlic, minced*

*2 large eggs, beaten*

*2 avocados*

*1 pickled jalapeno, minced*

*vegetable oil (for deep frying)*

Cut the avocados in half. Remove the pits. Scoop out the flesh. Place in a medium bowl. Mash with a fork until there are small lumps. Fold in the onion, jalapeno, lime juice and garlic.

Line a baking pan with parchment paper.

Spoon the avocado mixture onto the pan and spread in an even layer. Cover with another layer of parchment paper on top. Freeze for six to eight hours until solid

Remove the frozen mixture from the freezer. Uncover. Cut into small cubes.

In separate bowls for dipping, place the cornstarch, beaten eggs and panko. Dip each cube into the cornstarch, then egg, then panko. Repeat dipping into the egg and panko a second time. Place the coated cubes back onto the baking pan. Refreeze until firm, 20 to 30 minutes.

In a fry pan, heat the oil to 330 degrees. Fry the frozen cubes in batches, turning to brown evenly (2 to 3 minutes total). Drain on paper towels.

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Per Serving (excluding unknown items): 833 Calories; 72g Fat (72.5% calories from fat); 22g Protein; 40g Carbohydrate; 11g Dietary Fiber; 424mg Cholesterol; 223mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 2 Fruit; 13 Fat.