



Almost-Famous Fried Pickles



Vegetarian



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cajun spice
- ☐ 1.8 teaspoons cajun spice
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 cups dill pickles drained sliced
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon horseradish drained
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 2 teaspoons catsup

- ☐ 4 servings kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings vegetable oil for frying

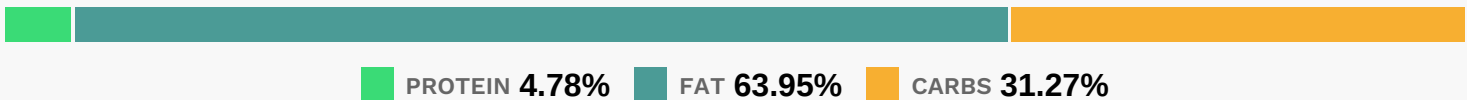
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Mix the mayonnaise, horseradish, ketchup and Cajun seasoning in a bowl; set aside.
- ☐ Heat 1 inch peanut oil in a pot over medium-high heat until a deep-fry thermometer registers 375 degrees F. Meanwhile, whisk the flour, Cajun seasoning, Italian seasoning, cayenne pepper, 1/2 teaspoon salt and 1/2 cup water in a large bowl until smooth.
- ☐ Spread the pickles on paper towels and pat dry.
- ☐ Add half of the pickles to the batter and toss to coat.
- ☐ Remove from the batter using a slotted spoon, letting the excess drip off, and add to the oil one at a time. Fry until golden brown, 1 to 2 minutes; remove with a slotted spoon and drain on paper towels. Return the oil to 375 degrees F and repeat with the remaining pickles and batter.
- ☐ Serve immediately with the prepared sauce.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:8.81, Inflammation Score:-6, Nutrition Score:6.8700000345707%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 193.61kcal (9.68%), Fat: 13.92g (21.42%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 13.56g (4.93%), Sugar: 2g (2.22%), Cholesterol: 5.88mg (1.96%), Sodium: 899.93mg (39.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin K: 42.61µg (40.58%), Vitamin A: 701.65IU (14.03%), Vitamin B1: 0.16mg (10.83%), Folate: 38.59µg (9.65%), Manganese: 0.18mg (8.99%), Selenium: 5.83µg (8.32%), Vitamin B2: 0.14mg (8.26%), Vitamin E: 1.19mg (7.96%), Fiber: 1.76g (7.03%), Iron: 1.26mg (6.99%), Vitamin B3: 1.17mg (5.87%), Calcium: 51.14mg (5.11%), Potassium: 144.36mg (4.12%), Phosphorus: 36.94mg (3.69%), Vitamin B6: 0.07mg (3.3%), Vitamin C: 2.65mg (3.21%), Magnesium: 12.57mg (3.14%), Copper: 0.06mg (2.87%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.16mg (1.6%)