



## Almost-Famous Green Bean Fries

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

### Ingredients

- 1 cup breadcrumbs
- 1 pinch cayenne pepper
- 0.5 cup cucumber peeled seeded chopped
- 1 large eggs
- 1 cup flour instant (such as Wondra)
- 0.5 pound green beans trimmed
- 1 tablespoon horseradish drained
- 4 servings kosher salt

- 2 cups chicken broth low-sodium
- 0.5 cup milk
- 1 tablespoon milk
- 0.3 teaspoon onion powder teaspoon garlic powder
- 0.5 cup ranch dressing
- 4 servings kosher salt and pepper black freshly ground
- 4 servings vegetable oil for frying
- 2 teaspoons wasabi powder (with the asian foods)
- 1 teaspoon distilled vinegar white

## Equipment

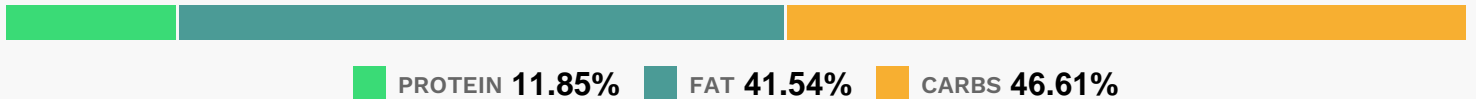
- bowl
- baking sheet
- paper towels
- sauce pan
- baking paper
- whisk
- pot
- blender
- kitchen thermometer
- slotted spoon
- tongs
- skimmer

## Directions

- Make the dip: Puree the dressing, cucumber, horseradish, milk, vinegar, wasabi powder, cayenne pepper, and salt to taste in a blender until smooth. Cover and refrigerate until ready to serve.

- Prepare the beans: Fill a large bowl with ice water. Bring the broth to a boil in a saucepan over high heat.
- Add the green beans and cook until tender, about 5 minutes.
- Remove the beans with a slotted spoon and transfer to the ice water to stop the cooking.
- Let cool in the water, then drain and pat dry.
- Whisk the egg and milk in a shallow bowl. Put 1/2 cup flour in another shallow bowl.
- Combine the breadcrumbs, the remaining 1/2 cup flour, the onion powder, garlic powder, cayenne, and salt and pepper to taste in another bowl.
- Line a baking sheet with parchment paper. Toss the green beans in the flour and shake off the excess. One at a time, dip the beans in the egg mixture, dredge in the breadcrumb mixture and lay on the prepared baking sheet. Freeze until the coating is set, about 30 minutes.
- Heat 3 inches oil in a deep pot over medium heat until a deep-fry thermometer registers 350 degrees F. Fry the green beans in batches until golden brown, 1 to 2 minutes.
- Transfer the beans with tongs or a skimmer to a rack or paper towels to drain.
- Serve with the dip.
- Photograph by Yunhee Kim

## Nutrition Facts



### Properties

Glycemic Index:90.25, Glycemic Load:19.13, Inflammation Score:-7, Nutrition Score:19.466086843739%

### Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

### Nutrients (% of daily need)

Calories: 454.36kcal (22.72%), Fat: 21.07g (32.41%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 53.19g (17.73%), Net Carbohydrates: 49.27g (17.92%), Sugar: 7.4g (8.22%), Cholesterol: 58.41mg (19.47%), Sodium: 748.23mg (32.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.03%), Vitamin K: 73.18µg (69.7%), Vitamin B1: 0.59mg (39.23%), Selenium: 23.43µg (33.47%), Manganese: 0.64mg (31.8%), Folate: 116.54µg (29.14%), Vitamin B2: 0.49mg (29.07%), Vitamin B3: 5.76mg (28.79%), Phosphorus: 256.13mg (25.61%), Iron: 3.97mg (22.06%), Fiber:

3.92g (15.68%), Calcium: 143.55mg (14.35%), Potassium: 433.1mg (12.37%), Copper: 0.25mg (12.27%), Magnesium: 44.67mg (11.17%), Vitamin A: 548.78IU (10.98%), Vitamin C: 8.64mg (10.47%), Vitamin B5: 1.02mg (10.19%), Vitamin B6: 0.2mg (10.18%), Vitamin B12: 0.56µg (9.33%), Vitamin E: 1.33mg (8.87%), Zinc: 1.29mg (8.61%), Vitamin D: 0.66µg (4.38%)