



## Baked Fresh Chili Fries

READY IN



35 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup bread crumbs
- 3 large eggs beaten
- 1 cup flour all-purpose
- 6 large jalapeño peppers
- 0.3 cup milk
- 0.5 cup parmesan grated
- 4 large poblano peppers
- 6 servings salt and pepper black freshly ground
- 2 tablespoons spicy mustard (recommended: Gulden's)

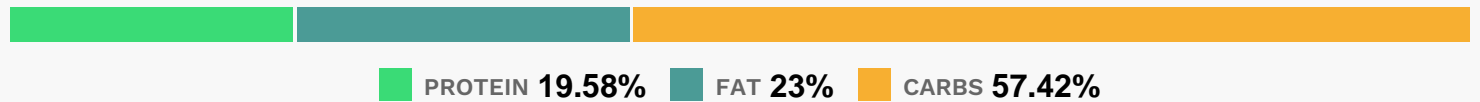
## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Remove the seeds from all of the peppers and cut into 1/2-inch lengthwise strips.
- Set up a breading station: 1 pan of 1 cup of flour, 1 pan of eggs beaten with milk, 2 tablespoons of flour and mustard, and 1 pan of bread crumbs seasoned with cheese, and salt and pepper, to taste.
- Coat the peppers in the flour, then in the egg mixture and then in the bread crumbs.
- Arrange the chili fries on a nonstick baking sheet and roast for 18 minutes, turning once.
- Remove from the oven and transfer to a serving platter.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:12.27, Inflammation Score:-8, Nutrition Score:18.535217451013%

## Flavonoids

Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg, Luteolin: 5.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 250.68kcal (12.53%), Fat: 6.42g (9.88%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 32.23g (11.72%), Sugar: 5.09g (5.66%), Cholesterol: 99.89mg (33.3%), Sodium: 363.76mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Vitamin C: 104.53mg (126.7%), Selenium: 23.1µg (33%), Vitamin B1: 0.43mg (28.93%), Manganese: 0.5mg (24.86%), Vitamin B2: 0.38mg (22.08%),

Folate: 84.8µg (21.2%), Phosphorus: 200.87mg (20.09%), Vitamin B6: 0.39mg (19.73%), Calcium: 177.44mg (17.74%), Vitamin B3: 3.21mg (16.05%), Iron: 2.84mg (15.77%), Vitamin A: 776.1IU (15.52%), Fiber: 3.86g (15.45%), Vitamin K: 12.42µg (11.83%), Potassium: 349.87mg (10%), Copper: 0.18mg (9.01%), Magnesium: 35.81mg (8.95%), Vitamin E: 1.24mg (8.25%), Vitamin B5: 0.82mg (8.18%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.44µg (7.34%), Vitamin D: 0.65µg (4.36%)