



Beer-Batter Fried Pickles



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



354 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 12 oz beer canned
- ☐ 32 oz dill pickles drained
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 10 servings ranch dressing
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 10 servings vegetable oil

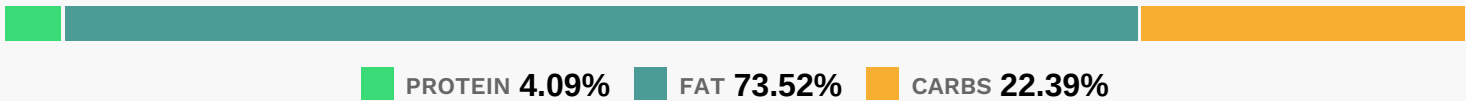
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Pat pickles dry with paper towels.
- ☐ Whisk together egg and next 3 ingredients in a large bowl; add 1 1/2 cups flour, and whisk until smooth.
- ☐ Pour oil to a depth of 1 1/2 inches into a large heavy skillet or Dutch oven; heat over medium-high heat to 37
- ☐ Dip pickle slices into batter, allowing excess batter to drip off. Fry pickles, in batches, 3 to 4 minutes or until golden.
- ☐ Drain and pat dry on paper towels; serve immediately with Spicy Ranch Dipping Sauce.
- ☐ Note: For testing purposes only, we used Vlasic Kosher Dill Stackers.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:11.14, Inflammation Score:-4, Nutrition Score:9.9069564083348%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 354.31kcal (17.72%), Fat: 28.4g (43.69%), Saturated Fat: 4.48g (28%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 18.04g (6.56%), Sugar: 2.64g (2.93%), Cholesterol: 26.4mg (8.8%), Sodium: 1371.89mg (59.65%), Alcohol: 1.33g (100%), Alcohol %: 0.87% (100%), Protein: 3.55g (7.11%), Vitamin K: 81.26µg (77.39%), Calcium: 135.02mg (13.5%), Vitamin E: 1.98mg (13.23%), Vitamin B1: 0.2mg (13.2%), Phosphorus: 131.52mg (13.15%), Selenium: 9.15µg (13.07%), Vitamin B2: 0.2mg (11.87%), Folate: 47.16µg (11.79%), Manganese: 0.19mg (9.4%), Iron: 1.4mg (7.78%), Vitamin B3: 1.4mg (7%), Fiber: 1.42g (5.66%), Vitamin B5: 0.46mg (4.57%), Potassium: 157.24mg (4.49%), Vitamin A: 204.41IU (4.09%), Magnesium: 14.95mg (3.74%), Vitamin B6: 0.07mg (3.61%), Copper: 0.06mg (3.09%), Zinc: 0.35mg (2.34%), Vitamin C: 1.91mg (2.31%), Vitamin B12: 0.1µg (1.71%)