



Beer-Battered Asparagus



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer such as amber ale, at room temperature
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon hot sauce such as tabasco, optional

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.8 cup mayonnaise
- ☐ 1 cup self-rising flour
- ☐ 6 servings vegetable oil for frying

Equipment

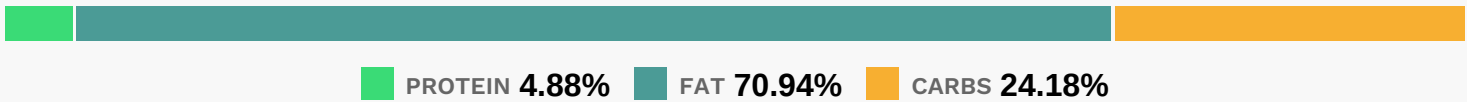
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ pound slender asparagus, trimmed to 5-inch lengths, or a combination of 8 ounces asparagus and 8 ounces yellow or green zucchini, zucchini trimmed and cut on deep diagonal into 1/3-inch-thick slices, patted dry
- ☐ Whisk the mayonnaise, capers, chives, tarragon, lemon juice, mustard, zest and garlic in a small bowl.
- ☐ Add 1/4 teaspoon hot sauce, or more, if desired. The sauce can be prepared 1 day ahead, covered and chilled.
- ☐ Whisk the flour, salt and pepper in a medium bowl.
- ☐ Whisk the beer into the flour mixture until smooth.
- ☐ Pour enough vegetable oil into a heavy large wide saucepan to reach a depth of 3 inches. Attach a deep-fry thermometer to the side of the saucepan.
- ☐ Heat the oil over medium-high heat until the temperature registers between 350 degrees F and 360 degrees F.

- ☐
- Coat the asparagus, in batches, in beer batter, allowing any excess batter to drip back into the bowl. Drop the asparagus, in batches, into the hot oil and fry until the batter is deep golden brown and asparagus are crisp-tender, 2 to 2 1/2 minutes per batch. Adjust the heat as needed to maintain the oil temperature.
- ☐
- Transfer the asparagus using a slotted spoon to paper towels to drain.
- ☐
- Immediately mound the asparagus on a serving platter.
- ☐
- Place the bowl of dipping sauce alongside and serve while the asparagus are still hot.

Nutrition Facts



Properties

Glycemic Index:61.08, Glycemic Load:11.22, Inflammation Score:-4, Nutrition Score:6.9217391972956%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 318.79kcal (15.94%), Fat: 24.4g (37.54%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 17.68g (6.43%), Sugar: 0.38g (0.42%), Cholesterol: 11.76mg (3.92%), Sodium: 420.99mg (18.3%), Alcohol: 1.53g (100%), Alcohol %: 1.68% (100%), Protein: 3.77g (7.55%), Vitamin K: 54.29µg (51.7%), Manganese: 0.4mg (20.18%), Selenium: 10.24µg (14.64%), Vitamin E: 1.28mg (8.56%), Iron: 1.16mg (6.46%), Folate: 19.77µg (4.94%), Magnesium: 19.51mg (4.88%), Vitamin B6: 0.1mg (4.85%), Phosphorus: 43.87mg (4.39%), Vitamin C: 3.61mg (4.37%), Copper: 0.08mg (4.2%), Fiber: 1.03g (4.12%), Vitamin B2: 0.07mg (4.05%), Calcium: 39.92mg (3.99%), Potassium: 123.42mg (3.53%), Vitamin A: 168.99IU (3.38%), Vitamin B3: 0.68mg (3.37%), Zinc: 0.36mg (2.39%), Vitamin B1: 0.04mg (2.37%), Vitamin B5: 0.18mg (1.77%)