



Beer-Battered Asparagus

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- 12 oz beer dark chilled canned
- 1 serving vegetable oil for deep frying
- 1 bunch asparagus trimmed cut into 3-inch pieces
- 1 serving sea salt
- 0.5 optional: lemon

2 tablespoons parsley fresh chopped

Equipment

bowl

paper towels

sauce pan

whisk

dutch oven

Directions

In medium bowl, mix flour, baking powder, table salt and beer with whisk until smooth.

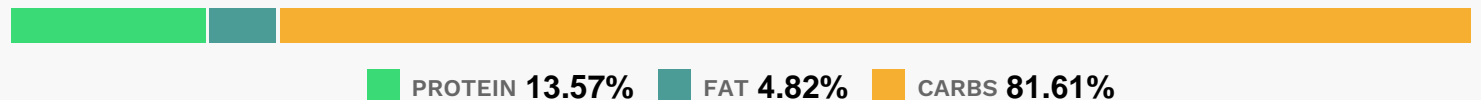
In 5-quart Dutch oven or heavy saucepan, heat 2 to 3 inches oil to 350°F. Working in small batches, dip asparagus in batter. Fry in hot oil about 2 minutes or until golden brown.

Drain on paper towels; sprinkle with sea salt.

Squeeze lemon over fried asparagus; garnish with parsley.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:74.25, Glycemic Load:37.37, Inflammation Score:-9, Nutrition Score:21.270434826612%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg, Quercetin: 15.9mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 298.98kcal (14.95%), Fat: 1.5g (2.31%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 52.79g (19.2%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 956.11mg (41.57%), Alcohol: 3.32g (100%), Alcohol %: 1.48% (100%), Protein: 9.53g (19.06%), Vitamin K: 81.07µg (77.21%), Folate: 182.5µg (45.63%), Vitamin B1: 0.66mg (44.19%), Selenium: 24.35µg (34.78%), Iron: 5.87mg (32.59%), Manganese: 0.62mg (31%), Vitamin B2: 0.49mg (29.02%), Vitamin B3: 5.27mg (26.33%), Calcium: 222.72mg (22.27%), Phosphorus: 206.96mg (20.7%), Vitamin A: 1021.95IU (20.44%), Vitamin C: 16.11mg (19.53%), Fiber: 4.5g (18%), Copper: 0.32mg (15.78%), Potassium: 347.53mg (9.93%), Magnesium: 37.51mg (9.38%), Vitamin E: 1.4mg (9.34%), Vitamin B6: 0.18mg (9.08%), Zinc: 1.08mg (7.23%), Vitamin B5: 0.65mg (6.51%)