Beer-Battered Asparagus

Vegetarian Dairy Free

READY IN	SERVINGS	CALORIES
30 min.	4	739 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- [ ] 1 lb asparagus trimmed cut into 3-inch pieces
- [ ] 0.3 teaspoon pepper black
- [ ] 1 cup flour all-purpose
- [ ] 1 cup lager (pour beer slowly into measuring cup; do not measure foam)
- [ ] 1 teaspoon juice of lemon fresh
- [ ] 1 tablespoon lemon zest fresh finely grated
- [ ] 0.5 cup mayonnaise
- [ ] 1 teaspoon salt

- [ ] 4 cups vegetable oil

Equipment

- [ ] bowl
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] whisk
- [ ] kitchen thermometer
- [ ] slotted spoon

Directions

- [ ] Stir together mayonnaise, lemon juice, zest, and pepper in a small bowl. Chill, covered, until ready to use.
- [ ] Put oven rack in middle position and preheat oven to 200°F.
- [ ] Whisk together flour, salt, zest, and pepper in a bowl until combined, then add beer, whisking until smooth.
- [ ] Heat 3 inches oil in a 3- to 4-quart heavy saucepan over moderately high heat until it registers 375°F on thermometer.
- [ ] Submerge asparagus spears in batter to coat. Working in batches of 10, drag 1 at a time gently against rim to remove excess batter, then transfer to oil and fry, stirring gently to keep asparagus from sticking together, until golden, 2 to 3 minutes.
- [ ] Transfer as fried with a slotted spoon to a paper-towel-lined baking sheet and keep warm in oven. Return oil to 375°F between batches.
- [ ] Serve with lemon dipping sauce.
- [ ] Asparagus can be kept warm in oven up to 30 minutes.

Nutrition Facts

PROTEIN **3.44%** FAT **79.72%** CARBS **16.84%**

Properties

Glycemic Index:57.38, Glycemic Load:18.84, Inflammation Score:-8, Nutrition Score:17.433043485102%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg, Quercetin: 15.87mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 738.92kcal (36.95%), Fat: 65g (100%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 27.49g (10%), Sugar: 2.47g (2.75%), Cholesterol: 11.76mg (3.92%), Sodium: 764.55mg (33.24%), Alcohol: 2.3g (100%), Alcohol %: 0.64% (100%), Protein: 6.3g (12.61%), Vitamin K: 173.29µg (165.04%), Vitamin E: 5.79mg (38.61%), Folate: 121.56µg (30.39%), Vitamin B1: 0.41mg (27.64%), Iron: 3.99mg (22.15%), Manganese: 0.42mg (20.83%), Selenium: 14.22µg (20.31%), Vitamin B2: 0.34mg (19.76%), Vitamin A: 877IU (17.54%), Vitamin B3: 3.27mg (16.33%), Fiber: 3.42g (13.68%), Copper: 0.27mg (13.56%), Phosphorus: 107.33mg (10.73%), Vitamin C: 8.77mg (10.63%), Potassium: 289.5mg (8.27%), Vitamin B6: 0.15mg (7.49%), Magnesium: 27.1mg (6.77%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.53mg (5.28%), Calcium: 39.5mg (3.95%)