



Beer Battered Asparagus with a Lemon Herbed Dipping Service

 Vegetarian  Dairy Free

READY IN

ready

22 min.

SERVINGS

servings

2

CALORIES

calories

736 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 cup beer
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh roughly chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated

- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon roughly rosemary leaves fresh minced
- ☐ 1 pinch salt
- ☐ 1 teaspoon salt
- ☐ 2 servings vegetable oil for frying

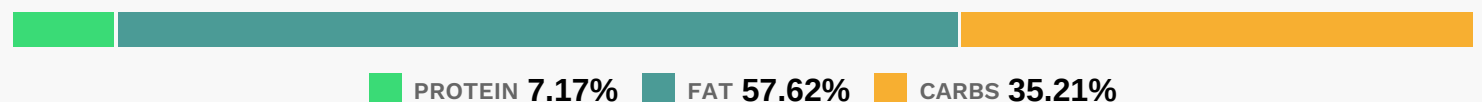
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Lemon Herbed Dipping Sauce: Stir together all ingredients and transfer to a small bowl. Chill, covered, until ready to serve.
- ☐ Heat oil in a heavy saucepan until it reaches 375 degrees F.
- ☐ Whisk together flour, salt, pepper lemon and zest in a bowl until combined.
- ☐ Add beer and whisk ingredients until smooth. Dip asparagus in batter to coat.
- ☐ Remove excess batter before frying. Gently transfer battered asparagus to oil and fry until golden. Stir gently to prevent asparagus from sticking together.
- ☐ Transfer to a baking sheet that has been lined with paper towels and keep warm in a preheated 200 degree F oven.

Nutrition Facts



Properties

Glycemic Index:153.25, Glycemic Load:37.85, Inflammation Score:-10, Nutrition Score:29.374348049578%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg 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: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 31.74mg, Quercetin: 31.74mg, Quercetin: 31.74mg, Quercetin: 31.74mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 735.53kcal (36.78%), Fat: 45.65g (70.23%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 62.78g (20.93%), Net Carbohydrates: 55.49g (20.18%), Sugar: 4.97g (5.52%), Cholesterol: 23.52mg (7.84%), Sodium: 1548.81mg (67.34%), Alcohol: 4.6g (100%), Alcohol %: 1.19% (100%), Protein: 12.77g (25.55%), Vitamin K: 193.01µg (183.82%), Folate: 243.83µg (60.96%), Vitamin B1: 0.83mg (55.4%), Manganese: 0.98mg (48.91%), Iron: 8.23mg (45.74%), Selenium: 28.49µg (40.7%), Vitamin B2: 0.68mg (39.93%), Vitamin A: 1807.96IU (36.16%), Vitamin B3: 6.56mg (32.81%), Vitamin E: 4.69mg (31.28%), Fiber: 7.29g (29.15%), Copper: 0.56mg (28.1%), Vitamin C: 19.79mg (23.99%), Phosphorus: 217.39mg (21.74%), Potassium: 599.35mg (17.12%), Vitamin B6: 0.31mg (15.35%), Magnesium: 57.61mg (14.4%), Zinc: 1.8mg (12.03%), Vitamin B5: 1.08mg (10.76%), Calcium: 88.24mg (8.82%), Vitamin B12: 0.09µg (1.51%)