



Beer-battered Asparagus with Garlic Aioli

 Vegetarian

READY IN



1461 min.

SERVINGS



12

CALORIES



380 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus ends trimmed
- 0.3 teaspoon pepper black
- 0.5 teaspoon pepper black
- 2 cups buttermilk
- 0.1 teaspoon cayenne pepper
- 0.5 teaspoon cayenne pepper
- 0.5 tablespoon dijon mustard
- 2 eggs separated

- 0.8 cup flour all-purpose
- 1 tablespoon tarragon leaves fresh minced
- 4 tablespoons garlic finely minced
- 0.8 cup pale ale
- 0.3 cup juice of lemon fresh
- 1 lemon zest
- 1 cup mayonnaise
- 4 cups vegetable oil; peanut oil preferred
- 1 teaspoon salt
- 12 servings salt
- 12 servings sea salt
- 0.8 cup cornmeal white

Equipment

- food processor
- bowl
- frying pan
- paper towels
- pot
- hand mixer
- tongs

Directions

- In shallow pan, soak asparagus in buttermilk 12 to 24 hours.
- Remove from buttermilk, but do not rinse.
- In a large bowl, combine well the egg yolks, beer, flour, cornmeal, salt, cayenne pepper and black pepper. In large deep sided pot, heat oil to 350 degrees F. Meanwhile, in a large clean bowl with an electric mixer, beat egg whites to stiff peaks. Gently fold beaten egg whites into batter mixture. Dip spears, 1 at a time into batter, then carefully lay in oil. Do not overcrowd pan. Fry in batches, if necessary. Fry for 2 to 3 minutes, turning the spears with tongs to

ensure even cooking.

- Drain on a paper towel-lined plate.
- Sprinkle with sea salt, to taste.
- Serve immediately with Aioli.
- In a food processor, combine all ingredients well. Refrigerate for 1 hour before serving.

Nutrition Facts

PROTEIN 5.85% **FAT 73.55%** **CARBS 20.6%**

Properties

Glycemic Index:40.71, Glycemic Load:5.85, Inflammation Score:-6, Nutrition Score:10.816521810449%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg, Isorhamnetin: 2.14mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 379.79kcal (18.99%), Fat: 31.12g (47.88%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 17.32g (6.3%), Sugar: 3.2g (3.55%), Cholesterol: 39.52mg (13.17%), Sodium: 762.05mg (33.13%), Alcohol: 0.58g (100%), Alcohol %: 0.33% (100%), Protein: 5.56g (11.13%), Vitamin K: 46.68µg (44.45%), Vitamin E: 3.49mg (23.28%), Manganese: 0.3mg (14.84%), Vitamin B2: 0.23mg (13.43%), Vitamin B1: 0.18mg (12.03%), Selenium: 8.4µg (12.01%), Folate: 47.52µg (11.88%), Phosphorus: 117.95mg (11.8%), Iron: 2.01mg (11.15%), Vitamin A: 471.1IU (9.42%), Vitamin B6: 0.19mg (9.25%), Fiber: 2.29g (9.17%), Vitamin C: 6.57mg (7.97%), Calcium: 77.46mg (7.75%), Magnesium: 29.2mg (7.3%), Vitamin B5: 0.72mg (7.17%), Copper: 0.14mg (6.99%), Potassium: 240.88mg (6.88%), Vitamin B3: 1.32mg (6.58%), Zinc: 0.92mg (6.16%), Vitamin D: 0.7µg (4.69%), Vitamin B12: 0.27µg (4.58%)