



Beer-Battered Broccoli Bites

READY IN



25 min.

SERVINGS



4

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup self raising flour
- 0.3 teaspoon garlic powder
- 0.3 teaspoon onion powder
- 0.3 teaspoon pepper
- 2 tablespoons parmesan cheese grated
- 1 cup beer
- 4 cups broccoli florets fresh
- 1 serving vegetable oil for deep frying
- 0.5 cup ranch dressing

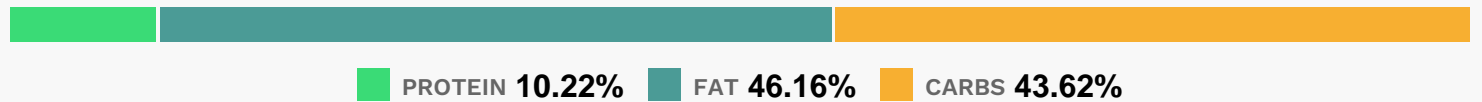
Equipment

- bowl
- paper towels
- sauce pan
- whisk
- deep fryer

Directions

- In large bowl, mix flour, garlic powder, onion powder, pepper, cheese and beer with whisk until smooth.
- Add broccoli; toss until well coated with batter.
- In deep fryer or heavy saucepan, heat 2 to 3 inches oil to 375°F. Fry broccoli in batches 2 to 3 minutes, turning once, until golden brown.
- Drain on paper towels.
- Serve warm broccoli bites with ranch dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:16.73, Inflammation Score:-8, Nutrition Score:17.662173961816%

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 Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg, Kaempferol: 7.61mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 316.2kcal (15.81%), Fat: 15.61g (24.02%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 30.01g (10.91%), Sugar: 3.07g (3.41%), Cholesterol: 9.98mg (3.33%), Sodium: 347.29mg (15.1%), Alcohol: 2.3g (100%), Alcohol %: 1.34% (100%), Protein: 7.77g (15.55%), Vitamin K: 134.65µg (128.24%), Vitamin C: 81.2mg (98.43%), Selenium: 17.03µg (24.33%), Manganese: 0.48mg (23.87%), Folate: 72.72µg (18.18%), Phosphorus: 171.66mg (17.17%), Fiber: 3.18g (12.73%), Vitamin A: 601.26IU (12.03%), Vitamin B6: 0.21mg (10.67%), Vitamin E: 1.57mg (10.49%), Potassium: 363.67mg (10.39%), Vitamin B2: 0.18mg (10.31%), Vitamin B5: 0.93mg (9.34%), Magnesium: 33.34mg (8.33%), Calcium: 81.5mg (8.15%), Vitamin B1: 0.1mg (6.62%), Vitamin B3: 1.22mg (6.09%), Iron: 1.09mg (6.04%), Copper: 0.11mg (5.73%), Zinc: 0.82mg (5.44%), Vitamin B12: 0.1µg (1.61%)