



Beer-Battered Cremini Mushrooms

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



909 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 4 cups canola oil
- 0.1 teaspoon cayenne pepper
- 8 ounces cremini mushrooms cleaned (16 to 18)
- 12 ounce beer dark such as negra modela, chilled
- 1 tablespoon chives fresh chopped
- 2 tablespoons chives fresh chopped

- 2 teaspoons thyme leaves fresh chopped
- 2 teaspoons thyme leaves fresh minced
- 1 clove garlic minced
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh (from)
- 1 lemon zest
- 0.8 cup mayonnaise
- 1.5 cups self-rising flour
- 1 tablespoon grain dijon mustard whole such as maille

Equipment

- bowl
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- slotted spoon

Directions

- Watch how to make this recipe.
- For the sauce: In a small bowl, whisk the mayonnaise, chives, lemon juice, mustard, thyme, cayenne, salt, pepper, garlic and lemon zest together to blend. (Sauce can be prepared 1 day ahead. Cover and refrigerate.)
- For the mushrooms: In a medium bowl, whisk together the flour, chives, thyme, salt and pepper.
- Pour the chilled beer into the flour mixture and whisk until the batter is smooth.
- Pour the oil into a heavy large wide saucepan. Attach a deep-fry thermometer to the side of the saucepan.
- Heat the oil over medium-high heat until the temperature registers between 330 and 350 degrees F. Working in batches, dip a few mushrooms at a time into the beer batter to coat

generously, allowing any excess batter to drip back into the bowl. Drop the mushrooms, a few at a time, into the hot oil and fry until the batter is deep golden brown and the mushrooms are tender, adjusting the heat as needed to maintain the oil temperature between 330 and 360 degrees F, 3 1/2 to 4 1/2 minutes per batch. Using a slotted spoon, remove the mushrooms and drain on paper towels.

- Mound the mushrooms on a serving platter and place the dipping sauce alongside.
- Serve while the mushrooms are still hot.

Nutrition Facts

PROTEIN 3.71% **FAT 77.73%** **CARBS 18.56%**

Properties

Glycemic Index:123.88, Glycemic Load:23.61, Inflammation Score:-9, Nutrition Score:18.140000123045%

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: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 908.67kcal (45.43%), Fat: 77.27g (118.87%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 39.24g (14.27%), Sugar: 1.63g (1.81%), Cholesterol: 17.64mg (5.88%), Sodium: 461.63mg (20.07%), Alcohol: 3.32g (100%), Alcohol %: 0.9% (100%), Protein: 8.3g (16.6%), Vitamin K: 106.07µg (101.02%), Vitamin E: 9.46mg (63.07%), Selenium: 36.27µg (51.81%), Manganese: 0.58mg (29.12%), Vitamin B2: 0.35mg (20.79%), Copper: 0.41mg (20.4%), Vitamin B3: 3.16mg (15.78%), Phosphorus: 144.11mg (14.41%), Vitamin B5: 1.21mg (12.09%), Potassium: 372.26mg (10.64%), Folate: 41.47µg (10.37%), Vitamin C: 8.19mg (9.93%), Fiber: 2.26g (9.04%), Zinc: 1.19mg (7.91%), Vitamin B1: 0.11mg (7.57%), Vitamin B6: 0.15mg (7.55%), Magnesium: 29.67mg (7.42%), Iron: 1.27mg (7.05%), Vitamin A: 252.96IU (5.06%), Calcium: 41.97mg (4.2%), Vitamin B12: 0.12µg (2.07%)