



Beer Battered Crispy Baked Pickle Fries

 Popular

READY IN



20 min.

SERVINGS



8

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup beer
- ☐ 1 teaspoon creole seasoning – [link this](#)
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 1 cup panko bread crumbs
- ☐ 48 slices toppings: such as pickles dry with paper towels drained

Equipment

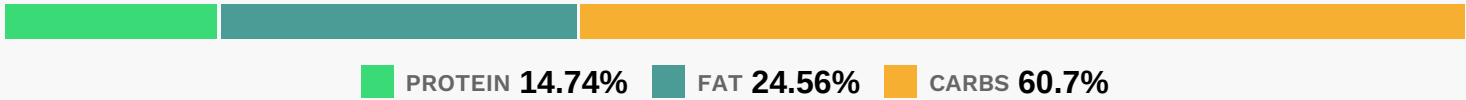
- ☐ oven

☐ baking pan

Directions

- ☐ Dip the pickle slices in the mixture of the flour, beer, egg and creole seasoning, dredge in the bread crumbs and place on a rack on a baking dish.
- ☐ Bake in a preheated 425F oven until golden brown and crispy, about 12–14 minutes.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:23.928260689196%

Nutrients (% of daily need)

Calories: 187.62kcal (9.38%), Fat: 5.54g (8.52%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 20.86g (7.59%), Sugar: 13.17g (14.63%), Cholesterol: 22.11mg (7.37%), Sodium: 7593.09mg (330.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.95%), Vitamin K: 157.02µg (149.54%), Calcium: 537.8mg (53.78%), Fiber: 9.92g (39.67%), Vitamin B1: 0.58mg (38.73%), Vitamin B2: 0.65mg (38.36%), Vitamin A: 1860.38IU (37.21%), Potassium: 1097.53mg (31.36%), Manganese: 0.57mg (28.32%), Folate: 100.32µg (25.08%), Vitamin C: 19.72mg (23.9%), Phosphorus: 193.99mg (19.4%), Magnesium: 72.58mg (18.15%), Vitamin B6: 0.35mg (17.48%), Iron: 2.98mg (16.58%), Copper: 0.28mg (14.04%), Vitamin B3: 2.01mg (10.06%), Selenium: 6.8µg (9.72%), Zinc: 1.32mg (8.8%), Vitamin E: 1.27mg (8.46%), Vitamin B5: 0.68mg (6.82%), Vitamin B12: 0.14µg (2.4%), Vitamin D: 0.31µg (2.03%)