



Beer-Battered Jalapeño Bites

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- 12 oz beer dark chilled canned
- 1 serving vegetable oil for deep frying
- 10 jalapeno medium to large cut into 1/4-inch rings
- 1 serving sea salt
- 1 cup ranch dressing

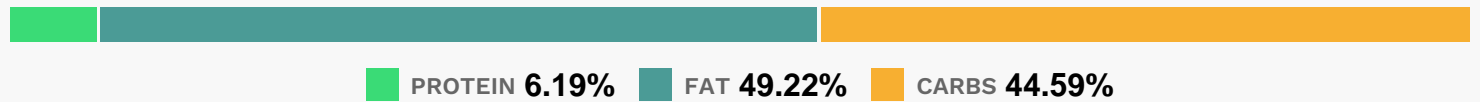
Equipment

- bowl
- paper towels
- sauce pan
- whisk
- dutch oven

Directions

- In medium bowl, mix flour, baking powder, table salt and beer with whisk until smooth.
- In 5-quart Dutch oven or heavy saucepan, heat 2 to 3 inches oil to 350°F. Working in small batches, dip jalapeño slices in batter. Fry in hot oil about 2 minutes or until golden brown.
- Drain on paper towels; sprinkle with sea salt.
- Serve fried jalapeño bites warm with ranch dressing.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:18.45, Inflammation Score:-5, Nutrition Score:9.9478261451358%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 270kcal (13.5%), Fat: 14.07g (21.65%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 27.34g (9.94%), Sugar: 2.21g (2.46%), Cholesterol: 7.8mg (2.6%), Sodium: 747.06mg (32.48%), Alcohol: 1.66g (100%), Alcohol %: 1.68% (100%), Protein: 3.98g (7.96%), Vitamin K: 44.17µg (42.07%), Vitamin C: 20.75mg (25.16%), Vitamin B1: 0.26mg (17.26%), Selenium: 11.97µg (17.1%), Folate: 65.66µg (16.42%), Phosphorus: 132.92mg (13.29%), Manganese: 0.25mg (12.35%), Vitamin B2: 0.2mg (11.96%), Vitamin B3: 2.3mg (11.52%), Calcium:

105.22mg (10.52%), Iron: 1.76mg (9.78%), Vitamin E: 1.34mg (8.93%), Vitamin B6: 0.12mg (5.78%), Fiber: 1.34g (5.35%), Vitamin B5: 0.45mg (4.49%), Vitamin A: 200.05IU (4%), Magnesium: 13.96mg (3.49%), Potassium: 107.88mg (3.08%), Copper: 0.06mg (3.06%), Zinc: 0.3mg (2%)