



## Beer-Battered Squash Chips with Lemon Mayonnaise

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

### Ingredients

- 0.5 cup mayonnaise
- 1 tablespoon juice of lemon
- 2 cups flour all-purpose
- 3 teaspoons double-acting baking powder
- 1 teaspoon salt
- 0.3 teaspoon ground pepper red (cayenne)
- 12 oz beer dark chilled canned

- 1 serving vegetable oil for deep frying
- 2 to 3 sized squashes yellow cut into 1/2-inch slices
- 1 serving sea salt

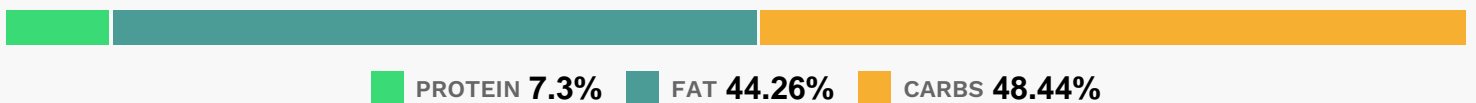
## Equipment

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

## Directions

- In small bowl, mix mayonnaise and lemon juice; set aside.
- In medium bowl, mix flour, baking powder, table salt, red pepper 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 squash slices in batter. Fry in hot oil about 2 minutes or until golden brown.
- Drain on paper towels; sprinkle with sea salt.
- Serve fried squash chips warm with lemon mayonnaise.

## Nutrition Facts



## Properties

Glycemic Index:53.58, Glycemic Load:24.86, Inflammation Score:-6, Nutrition Score:11.450000050275%

## 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 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 319.43kcal (15.97%), Fat: 14.98g (23.04%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 35g (12.73%), Sugar: 1.73g (1.92%), Cholesterol: 7.84mg (2.61%), Sodium: 754.87mg (32.82%), Alcohol: 2.21g (100%), Alcohol %: 1.47% (100%), Protein: 5.55g (11.11%), Vitamin K: 33.44µg (31.84%), Folate: 100.12µg (25.03%), Vitamin B1: 0.36mg (24.27%), Selenium: 15.04µg (21.49%), Manganese: 0.41mg (20.38%), Vitamin B2: 0.32mg (18.67%), Vitamin B3: 3.08mg (15.39%), Vitamin C: 12.14mg (14.71%), Calcium: 137.86mg (13.79%), Iron: 2.45mg (13.58%), Phosphorus: 125.95mg (12.59%), Vitamin B6: 0.19mg (9.58%), Fiber: 1.88g (7.51%), Potassium: 239.54mg (6.84%), Magnesium: 24.69mg (6.17%), Vitamin E: 0.78mg (5.22%), Copper: 0.1mg (5.05%), Vitamin A: 177.63IU (3.55%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.34mg (3.42%)