



Beer-Battered Squash Chips with Lemon Mayonnaise



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

Ingredients

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

- ☐ 1 teaspoon salt
- ☐ 6 servings vegetable oil for deep frying
- ☐ 2 to 3 sized squashes yellow cut into 1/2-inch slices

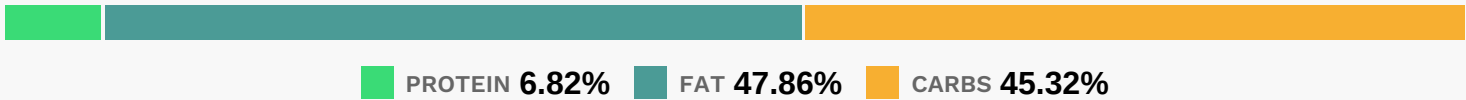
Equipment

- ☐ 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 350F. 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:11.685217486775%

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: 340.06kcal (17%), Fat: 17.31g (26.63%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 35g (12.73%), Sugar: 1.73g (1.92%), Cholesterol: 7.84mg (2.61%), Sodium: 916.36mg (39.84%), Alcohol: 2.21g (100%), Alcohol %: 1.38% (100%), Protein: 5.55g (11.11%), Vitamin K: 37.73µg (35.93%), Folate: 100.12µg (25.03%), Vitamin B1: 0.36mg (24.27%), Selenium: 15.04µg (21.49%), Manganese: 0.41mg (20.4%), Vitamin B2: 0.32mg (18.67%), Vitamin B3: 3.08mg (15.39%), Vitamin C: 12.14mg (14.71%), Calcium: 137.96mg (13.8%), Iron: 2.45mg (13.59%), Phosphorus: 125.95mg (12.59%), Vitamin B6: 0.19mg (9.58%), Fiber: 1.88g (7.51%), Potassium: 239.57mg (6.84%), Vitamin E: 0.97mg (6.49%), Magnesium: 24.69mg (6.17%), Copper: 0.1mg (5.05%), Vitamin A: 177.63IU (3.55%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.34mg (3.42%)