



Broccoli Rabe Fritto Misto



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



601 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces broccoli rabe ends trimmed
- ☐ 0.5 teaspoon ground pepper
- ☐ 0.7 cup cornstarch
- ☐ 3 large egg whites at room temperature
- ☐ 1 cup flour
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 servings kosher salt to taste
- ☐ 1 optional: lemon sliced cut into wedges

- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 6 cups vegetable oil for frying

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Combine flour, cornstarch, and spices in a medium bowl. In another bowl, mix olive oil with 1 1/2 cups cold water. Slowly whisk into flour mixture until smooth. Cover and chill at least 1 hour.
- ☐ Pour 2 in. vegetable oil into a large, wide pot. Insert a deep-fry thermometer and heat over high heat to 375, then reduce heat to medium to maintain temperature.
- ☐ Meanwhile, whisk whites with a mixer until soft peaks form. Using a rubber spatula, fold whites into batter.
- ☐ Dip 1 stalk broccoli rabe at a time into batter, then carefully lower into hot oil. Cook, turning once, until golden, about 5 minutes.
- ☐ Transfer to a paper towel-lined baking sheet.
- ☐ Sprinkle with salt while warm. Dip and fry lemon slices the same way.
- ☐ Serve both warm or at room temperature with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:11.85, Inflammation Score:-8, Nutrition Score:13.934782505035%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 601.01kcal (30.05%), Fat: 51.11g (78.63%), Saturated Fat: 7.69g (48.09%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 29.78g (10.83%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 236.07mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Vitamin K: 169.4µg (161.33%), Vitamin E: 5.28mg (35.19%), Vitamin A: 1064.87IU (21.3%), Vitamin C: 17.31mg (20.98%), Folate: 72.45µg (18.11%), Manganese: 0.32mg (16.15%), Selenium: 11.29µg (16.13%), Vitamin B1: 0.23mg (15.62%), Vitamin B2: 0.23mg (13.51%), Iron: 2.05mg (11.38%), Fiber: 2.3g (9.22%), Vitamin B3: 1.74mg (8.72%), Phosphorus: 58.95mg (5.9%), Calcium: 51.07mg (5.11%), Vitamin B6: 0.1mg (4.87%), Potassium: 156.1mg (4.46%), Magnesium: 17.17mg (4.29%), Copper: 0.07mg (3.33%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.28mg (2.82%)