

# Crispy Fried Shallots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

## Ingredients

- 2 cups canola oil
- 2 cups shallots thinly sliced ( 4 large shallots)

## Equipment

- bowl
- paper towels
- sauce pan
- sieve
- kitchen thermometer

slotted spoon

## Directions

- In a small saucepan, heat the oil over medium-high until it registers 275°F on a deep-fry thermometer.
- Add the shallots and cook, stirring, until light golden brown, about 8 minutes. Using a slotted spoon, transfer the shallots to a paper towel-lined plate to drain.
- Increase the heat to high and place a fine-mesh sieve over a heatproof bowl. When the oil registers 350°F on the deep-fry thermometer, add the once fried shallots and cook just until they are crispy and well-browned, about 1–2 seconds, watching carefully so the shallots don't burn.
- Immediately pour the oil and shallots through the sieve to stop the cooking, then transfer to shallots to a paper towel-lined plate to drain. Reserve the oil for another use. The shallots will keep, stored in an airtight container, for 1 day, but they're best the day they are made.

## Nutrition Facts



**PROTEIN 4.02%** **FAT 68.94%** **CARBS 27.04%**

## Properties

Glycemic Index:7.5, Glycemic Load:4.83, Inflammation Score:-5, Nutrition Score:7.6073914027732%

## Nutrients (% of daily need)

Calories: 283.19kcal (14.16%), Fat: 22.52g (34.64%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 16.09g (5.85%), Sugar: 9.31g (10.34%), Cholesterol: 0mg (0%), Sodium: 14.2mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin E: 3.97mg (26.45%), Vitamin B6: 0.41mg (20.41%), Manganese: 0.35mg (17.27%), Vitamin K: 16.92µg (16.11%), Fiber: 3.79g (15.14%), Vitamin C: 9.46mg (11.47%), Potassium: 395.1mg (11.29%), Folate: 40.22µg (10.05%), Iron: 1.42mg (7.89%), Phosphorus: 70.98mg (7.1%), Magnesium: 24.84mg (6.21%), Copper: 0.1mg (5.2%), Vitamin B1: 0.07mg (4.73%), Calcium: 43.77mg (4.38%), Vitamin B5: 0.34mg (3.43%), Zinc: 0.47mg (3.15%), Selenium: 1.42µg (2.03%), Vitamin B2: 0.02mg (1.39%), Vitamin B3: 0.24mg (1.18%)