



 **10%**
HEALTH SCORE

Crispy Green Beans with Horseradish-Wasabi Dip

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



460 kcal

SIDE DISH

Ingredients

- 1 pinch ground pepper
- 0.3 cup cucumber peeled seeded finely chopped
- 1 cup breadcrumbs dry
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 0.5 pound green beans fresh trimmed
- 0.3 teaspoon garlic powder

- 0.5 teaspoon pepper black
- 1.5 teaspoons horseradish prepared
- 1 cup milk
- 0.5 teaspoon onion powder
- 0.5 cup ranch dressing
- 0.8 tablespoon salt
- 4 cups vegetable stock
- 4 servings vegetable oil for frying

Equipment

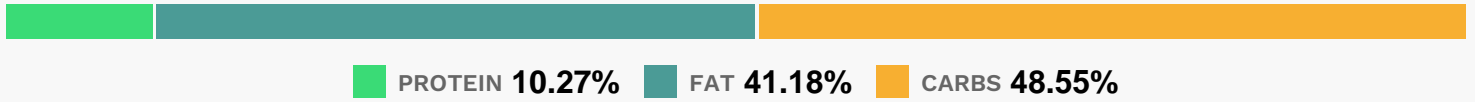
- bowl
- frying pan
- paper towels
- sauce pan
- blender
- colander

Directions

- Make the dip by combining the buttermilk ranch dressing, cucumber, milk, horseradish, wasabi, salt, and cayenne pepper into a blender. Blend on low until well mixed.
- Pour into a small bowl and refrigerate. The dip will thicken as it chills.
- Place the broth in a saucepan over medium-high heat.
- Add the beans, cover, and bring to a boil; reduce heat to medium and simmer until beans are bright green and tender, about 8 minutes. Immediately drain beans into a colander and rinse under cold water. Set aside to cool.
- Combine the beaten egg with milk in a shallow bowl.
- Place the flour in another shallow bowl. In a third shallow bowl, combine the bread crumbs, salt, black pepper, garlic powder, and onion powder. Working with a handful of beans at a time, dip each bean first into flour, then into the egg mixture, and then into the bread crumb mixture.

- Place beans on a plate until all are coated.
- Heat 1 1/2 inches of oil in a deep skillet (or use a deep fat fryer) over medium-high heat to 350 degrees F (175 degrees C). Fry the beans several at a time, without crowding, until golden brown.
- Drain on paper towels and cool.
- Serve with horseradish-wasabi dip.

Nutrition Facts



Properties

Glycemic Index:80.75, Glycemic Load:20.91, Inflammation Score:-8, Nutrition Score:19.388261110886%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 459.89kcal (22.99%), Fat: 21.05g (32.39%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 52g (18.91%), Sugar: 10.28g (11.42%), Cholesterol: 56.04mg (18.68%), Sodium: 2767.24mg (120.31%), Alcohol: 0g (100%), Protein: 11.81g (23.62%), Vitamin K: 72.88µg (69.41%), Vitamin B1: 0.6mg (40.07%), Selenium: 23.48µg (33.55%), Manganese: 0.65mg (32.56%), Vitamin B2: 0.49mg (28.61%), Folate: 113.71µg (28.43%), Phosphorus: 243.41mg (24.34%), Vitamin A: 1079.19IU (21.58%), Vitamin B3: 4.16mg (20.79%), Iron: 3.7mg (20.58%), Calcium: 169.94mg (16.99%), Fiber: 3.83g (15.34%), Magnesium: 45.23mg (11.31%), Vitamin B5: 1.08mg (10.77%), Potassium: 356.59mg (10.19%), Vitamin B6: 0.2mg (10.16%), Vitamin B12: 0.57µg (9.55%), Vitamin C: 7.73mg (9.37%), Copper: 0.18mg (9.05%), Vitamin E: 1.33mg (8.86%), Zinc: 1.24mg (8.28%), Vitamin D: 0.92µg (6.14%)