



Crispy Zucchini Chips with Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



908 kcal

SIDE DISH

Ingredients

- 2 cups buttermilk
- 6 servings canola oil for frying
- 0.1 teaspoon cayenne pepper
- 0.5 tablespoon dijon mustard
- 1 teaspoon thyme leaves dried
- 2 eggs
- 6 servings parsley fresh chopped for garnish
- 0.5 teaspoon sea salt
- 6 servings kosher salt and pepper black freshly ground

- 1 optional: lemon for serving cut into wedges,
- 0.3 cup juice of lemon fresh
- 1 cup mayonnaise
- 6 servings olive oil extra-virgin
- 1 teaspoon oregano dried
- 2.3 cups panko bread crumbs finely (Japanese breadcrumbs)
- 2 tablespoons parmesan grated
- 6 servings parmesan grated for garnish
- 2.5 cups unbleached flour all-purpose
- 2 heads garlic whole
- 1 Dash worcestershire sauce
- 1 medium zucchini finely sliced (2- to 3-inchpieces)

Equipment

- food processor
- baking sheet
- oven
- whisk
- pot
- kitchen thermometer
- aluminum foil

Directions

- Watch how to make this recipe.
- Pour a couple inches of oil into a large, shallow, heavy gauge or cast-iron pot.
- Heat over medium heat until a deep-fry thermometer reads 350 degrees F.
- Place the flour into a shallow, medium container.
- Sprinkle with salt and pepper.

- Whisk the eggs, buttermilk, oregano, thyme and granulated garlic in another shallow, medium container. To a third shallow container, add the panko crumbs.
- Sprinkle with salt and pepper.
- Working in batches, dredge the the zucchini in the flour, patting off the excess. Next, dip into the buttermilk mixture. Moisten completely, and allow the excess liquid to drip away.
- Place the zucchini into the panko crumbs and coat evenly. As you work, lay the zucchini chips onto a parchment-lined baking sheet.
- Once the oil is ready, fry the zucchini chips in batches, until they are a crispy golden brown, 2 to 4 minutes.
- Transfer the fried zucchini to paper-towel-lined dish and drain.
- Serve the crispy zucchini on a platter immediately.
- Sprinkle with Parmesan and parsley, and serve with Roasted Garlic Aioli and lemon wedges
- Preheat the oven to 425 degrees F.
- Take the whole heads of garlic and cut the tops off to expose the garlic cloves.
- Place on a large piece of aluminum foil and drizzle lightly with olive oil and sprinkle with salt and pepper. Wrap up the foil into a tight pouch, and then place in the oven and roast for 35 to 45 minutes.
- Remove from oven and allow to cool. Squeeze the pulp from the skins (you'll need 1/3 cup).
- In a food processor, combine the roasted garlic, mayonnaise, lemon juice, Parmesan, Dijon mustard, cayenne pepper, Worcestershire sauce and some salt and pepper. Pulse until well combined. Refrigerate to allow the flavors to meld together.
- Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index: 69.75, Glycemic Load: 31.69, Inflammation Score: -9, Nutrition Score: 30.428695678711%

Flavonoids

Eriodictyol: 4.51mg, Eriodictyol: 4.51mg, Eriodictyol: 4.51mg, Eriodictyol: 4.51mg Hesperetin: 6.98mg, Hesperetin: 6.98mg, Hesperetin: 6.98mg, Hesperetin: 6.98mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg

Naringenin: 0.29mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 908.09kcal (45.4%), Fat: 59g (90.77%), Saturated Fat: 14.1g (88.14%), Carbohydrates: 68.86g (22.95%), Net Carbohydrates: 64.92g (23.61%), Sugar: 7.76g (8.62%), Cholesterol: 100.57mg (33.52%), Sodium: 1038.42mg (45.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.97%), Vitamin K: 146.05µg (139.1%), Selenium: 40.77µg (58.24%), Calcium: 570.54mg (57.05%), Vitamin B1: 0.74mg (49.23%), Phosphorus: 454.59mg (45.46%), Manganese: 0.86mg (42.83%), Vitamin B2: 0.72mg (42.34%), Folate: 154.78µg (38.7%), Vitamin C: 29.02mg (35.17%), Iron: 5.23mg (29.06%), Vitamin E: 4.28mg (28.51%), Vitamin B3: 5.07mg (25.35%), Vitamin A: 921.6IU (18.43%), Vitamin B6: 0.34mg (16.98%), Vitamin B12: 1µg (16.7%), Zinc: 2.42mg (16.14%), Fiber: 3.93g (15.74%), Magnesium: 59.98mg (15%), Potassium: 462.37mg (13.21%), Vitamin B5: 1.29mg (12.89%), Copper: 0.25mg (12.39%), Vitamin D: 1.57µg (10.44%)