



Deep Fried Green Beans



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pound green beans fresh
- ☐ 1 cup seasoned bread crumbs
- ☐ 2 cups vegetable oil or as needed

Equipment

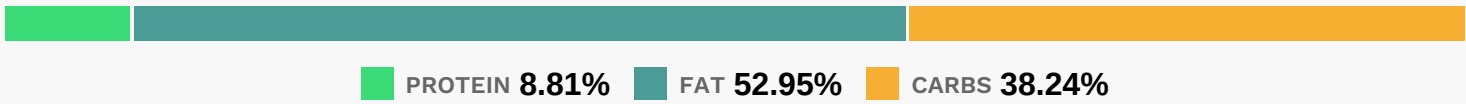
- ☐ bowl
- ☐ paper towels

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a pot of water to a boil; cook beans in boiling water until bright green, about 2 minutes. Immediately transfer green beans to a bowl of ice water to stop the cooking process.
- ☐ Drain and dry beans with paper towels.
- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Pour flour into a bowl.
- ☐ Whisk egg in a separate bowl.
- ☐ Pour bread crumbs into a third bowl.
- ☐ Coat green beans with flour; transfer to beaten egg and coat evenly. Press coated green beans into bread crumbs.
- ☐ Fry breaded green beans, working in batches, in the hot oil until golden brown, 3 to 5 minutes.
- ☐ Transfer fried beans to a paper towel-lined plate to drain.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:10.85, Inflammation Score:-8, Nutrition Score:18.729565008827%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 415.37kcal (20.77%), Fat: 24.89g (38.3%), Saturated Fat: 4.17g (26.05%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 35.5g (12.91%), Sugar: 5.5g (6.11%), Cholesterol: 41.22mg (13.74%), Sodium: 423.54mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.63%), Vitamin K: 102.73µg (97.84%), Vitamin B1: 0.51mg (33.89%), Manganese: 0.65mg (32.49%), Folate: 106.89µg (26.72%), Selenium: 16.76µg (23.95%), Vitamin B2:

0.37mg (21.76%), Fiber: 4.95g (19.81%), Iron: 3.57mg (19.81%), Vitamin B3: 3.61mg (18.06%), Vitamin A: 899.75IU (17.99%), Vitamin C: 14.64mg (17.75%), Vitamin E: 2.45mg (16.34%), Phosphorus: 134.85mg (13.48%), Vitamin B6: 0.24mg (11.84%), Magnesium: 46.91mg (11.73%), Calcium: 105.06mg (10.51%), Potassium: 340.47mg (9.73%), Copper: 0.18mg (9.09%), Vitamin B5: 0.68mg (6.79%), Zinc: 0.95mg (6.35%), Vitamin B12: 0.2µg (3.38%), Vitamin D: 0.22µg (1.47%)