



Deep Fried Jalapeno Slices



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



617 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer
- ☐ 1 teaspoon chili powder
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups jalapeño peppers sliced
- ☐ 1 teaspoon salt

☐ 0.5 quart vegetable oil

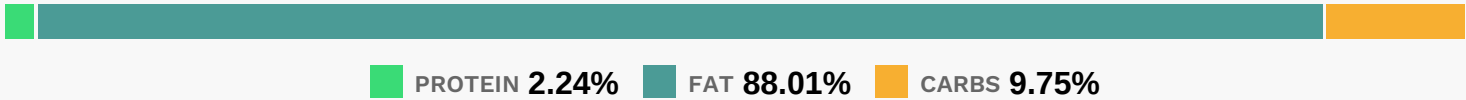
Equipment

- ☐ bowl
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Mix flour, salt, pepper, red chili powder, garlic powder, eggs, and beer together in a bowl.
- ☐ In a deep fryer, or large pot heat oil to 365 degrees F (180 degrees C).
- ☐ Dip the sliced jalapenos in the batter.
- ☐ Place battered jalapenos in deep fryer. The jalapenos are fully cooked when they float to the surface of the oil. They should be golden brown and crispy. Enjoy!

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:9.36, Inflammation Score:-5, Nutrition Score:12.103913079137%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 617.25kcal (30.86%), Fat: 60.48g (93.04%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 13.83g (5.03%), Sugar: 1.04g (1.15%), Cholesterol: 40.92mg (13.64%), Sodium: 312.85mg (13.6%), Alcohol: 1.15g (100%), Alcohol %: 1.05% (100%), Protein: 3.46g (6.92%), Vitamin K: 113.69µg (108.28%), Vitamin E: 5.87mg (39.13%), Vitamin C: 26.69mg (32.35%), Selenium: 9.09µg (12.99%), Folate: 41.9µg (10.47%), Vitamin B1: 0.14mg (9.34%), Vitamin B2: 0.15mg (9.05%), Manganese: 0.17mg (8.72%), Vitamin A: 377.44IU (7.55%), Vitamin B6: 0.15mg (7.28%), Vitamin B3: 1.4mg (7.02%), Iron: 1.08mg (6.01%), Phosphorus: 51.33mg (5.13%), Fiber: 1.24g (4.94%), Vitamin B5: 0.33mg (3.29%), Potassium: 108.39mg (3.1%), Magnesium: 11mg (2.75%), Copper:

0.05mg (2.51%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.1µg (1.73%), Calcium: 14.79mg (1.48%), Vitamin D: 0.22µg (1.47%)