



# Deep Fried Mushrooms

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pound mushrooms quartered
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon garlic salt
- 2 cups cooking oil for frying or as needed
- 1 cup water

## Equipment

- bowl

- frying pan
- paper towels
- slotted spoon

## Directions

- In a medium bowl, stir together the flour and garlic salt.
- Mix in egg and water until smooth.
- Heat the oil in a large deep skillet over medium-high heat. Test to see if oil is hot by frying a drop of batter. If it sizzles and floats to the top, the oil is ready.
- Dip mushrooms into the batter and then place in the hot oil. Fry a few at a time so they are not crowded, until golden brown, 3 to 5 minutes.
- Remove from oil with a slotted spoon and drain on paper towels.

## Nutrition Facts

**PROTEIN 9.02%** **FAT 60.31%** **CARBS 30.67%**

## Properties

Glycemic Index:13.38, Glycemic Load:9.04, Inflammation Score:-2, Nutrition Score:6.9773913932883%

## Nutrients (% of daily need)

Calories: 176.22kcal (8.81%), Fat: 12.07g (18.57%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.82g (4.66%), Sugar: 1.19g (1.32%), Cholesterol: 20.46mg (6.82%), Sodium: 303.12mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin B2: 0.33mg (19.43%), Selenium: 12.26µg (17.51%), Vitamin B3: 2.97mg (14.87%), Vitamin E: 2.03mg (13.55%), Vitamin B1: 0.17mg (11.39%), Copper: 0.21mg (10.59%), Folate: 40.82µg (10.2%), Vitamin B5: 1mg (10.02%), Vitamin K: 8.05µg (7.67%), Phosphorus: 76.53mg (7.65%), Manganese: 0.14mg (6.78%), Iron: 1.11mg (6.15%), Potassium: 204.67mg (5.85%), Fiber: 0.99g (3.96%), Vitamin B6: 0.08mg (3.76%), Zinc: 0.48mg (3.19%), Magnesium: 9.5mg (2.38%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.19mg (1.44%), Vitamin B12: 0.07µg (1.19%)