



Deep Fried Pickles with Old Bay and Buttermilk

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



2361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup buttermilk
- ☐ 3 cups cucumber sliced
- ☐ 1 cup cornmeal
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 2.5 tablespoons old bay seasoning
- ☐ 1 cup panko bread crumbs
- ☐ 1 quart vegetable oil; peanut oil preferred

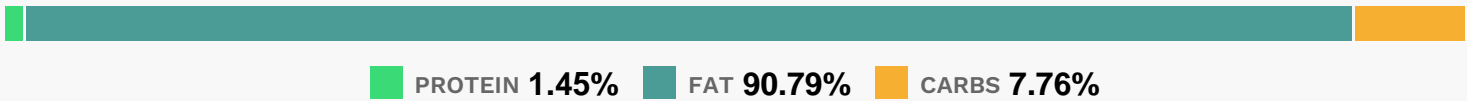
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ wok
- ☐ slotted spoon
- ☐ dutch oven
- ☐ salad spinner
- ☐ chopsticks

Directions

- ☐ With a salad spinner or paper towels, remove excess moisture from pickle slices until they are dry and slightly sticky to the touch.
- ☐ Heat oil in wok or Dutch oven on medium high, to about 375°F. Line a counter or sheet pan with several layers of paper towels for draining fried pickles.
- ☐ Set up a breading station with two wide containers, bowls, or pie plates. In one, combine panko, cornmeal, and Old Bay; in the other, stir together buttermilk and nutmeg.
- ☐ Dip five pickle slices in buttermilk and let excess drip away. Lightly toss slices in breading until thoroughly but lightly coated, using forks or chopsticks to keep hands clean.
- ☐ One by one, drop pickle slices into oil and fry until golden brown, about 1 minute. While pickles are frying, dredge and bread next batch.
- ☐ Remove with a strainer or slotted spoon to paper to drain and cool for five minutes.
- ☐ Serve with mayonnaise and hot sauce.

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:18.44, Inflammation Score:-6, Nutrition Score:17.560434963392%

Nutrients (% of daily need)

Calories: 2360.83kcal (118.04%), Fat: 242.1g (372.46%), Saturated Fat: 41.85g (261.54%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 41.14g (14.96%), Sugar: 5.97g (6.63%), Cholesterol: 6.6mg (2.2%), Sodium: 177.08mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Vitamin E: 37.41mg (249.39%), Manganese: 0.64mg (32.15%), Vitamin K: 30.22µg (28.78%), Vitamin B1: 0.33mg (22.03%), Fiber: 5.42g (21.67%), Phosphorus: 190.68mg (19.07%), Magnesium: 72.78mg (18.2%), Vitamin B6: 0.36mg (17.92%), Iron: 3.11mg (17.27%), Calcium: 137.93mg (13.79%), Vitamin B2: 0.23mg (13.55%), Zinc: 1.95mg (13.01%), Folate: 50.08µg (12.52%), Selenium: 8.67µg (12.38%), Copper: 0.24mg (12.13%), Potassium: 391.59mg (11.19%), Vitamin B3: 2.14mg (10.72%), Vitamin B5: 0.79mg (7.87%), Vitamin B12: 0.33µg (5.47%), Vitamin D: 0.78µg (5.2%), Vitamin A: 236.75IU (4.73%), Vitamin C: 3.5mg (4.24%)