

Deep-Fried Tripe



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



2179 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch ground pepper
- ☐ 0.5 cup flour
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 quart cooking oil for deep-frying
- ☐ 1 pound stewed tomatoes cut into 1 inch slices lengthwise
- ☐ 4 servings vinegar for dipping

Equipment

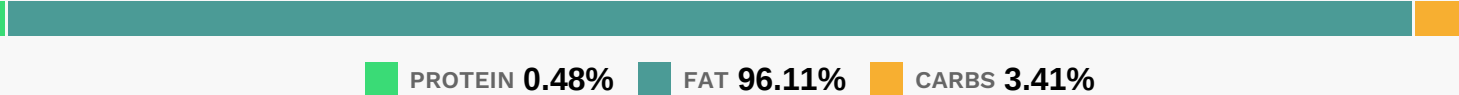
- ☐ paper towels

☐ wok

Directions

- ☐ Mix the flour with salt, pepper, and cayenne pepper or paprika.
- ☐ Heat up the oil in your wok to 375° F. Dredge the tripe in the flour and shake off excess flour. Slip the pieces of tripe into the hot oil. Do not crowd the tripe, deep-frying a few sections at a time. Deep-fry until golden brown, 1 to 2 minutes.
- ☐ Transfer pieces to a plate lined with paper towels to drain off excess oil.
- ☐ Serve with your choice of vinegar for dipping.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:8.63, Inflammation Score:-5, Nutrition Score:13.886521697044%

Nutrients (% of daily need)

Calories: 2178.78kcal (108.94%), Fat: 236.96g (364.56%), Saturated Fat: 17.47g (109.17%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.4g (6.33%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 541.71mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin E: 42.36mg (282.41%), Vitamin K: 171.48µg (163.31%), Iron: 2.24mg (12.44%), Vitamin B1: 0.17mg (11.66%), Vitamin C: 8.98mg (10.88%), Manganese: 0.18mg (8.87%), Vitamin B3: 1.73mg (8.67%), Selenium: 6.01µg (8.58%), Folate: 34.29µg (8.57%), Copper: 0.15mg (7.51%), Potassium: 252.12mg (7.2%), Vitamin B2: 0.12mg (6.89%), Fiber: 1.56g (6.25%), Magnesium: 17.14mg (4.29%), Calcium: 41.42mg (4.14%), Vitamin A: 205.45IU (4.11%), Phosphorus: 39.83mg (3.98%), Zinc: 0.3mg (2.03%), Vitamin B5: 0.2mg (1.98%), Vitamin B6: 0.03mg (1.34%)