

## Fried Asparagus

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

### Ingredients

- ☐ 1 bunch asparagus fresh trimmed cut into 1 inch pieces
- ☐ 1 cup coarsely buttery round crackers crushed
- ☐ 0.5 cup canola oil for frying
- ☐ 1 eggs

### Equipment

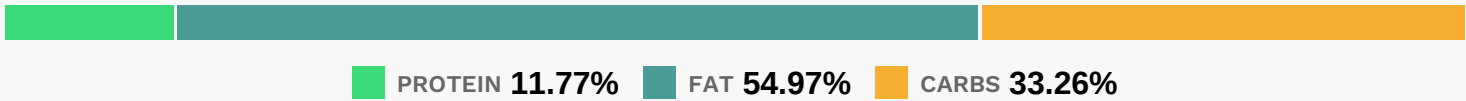
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Bring about 2 inches of water to boil in a saucepan.
- ☐ Add the asparagus, and cook for about 3 minutes.
- ☐ Drain, and pat dry.
- ☐ Heat enough oil to cover the bottom of a large heavy skillet over medium to medium-high heat.
- ☐ Whisk the egg in a small bowl, and place the cracker crumbs in a separate bowl.
- ☐ Dip the asparagus pieces into the egg, and then coat with cracker crumbs. Fry in the hot oil until golden. Turn frequently for even cooking. If they are browning too quickly, reduce the heat a little.
- ☐ Drain on a paper towel-lined plate before serving.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:11.861304412717%

## Flavonoids

Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

## Nutrients (% of daily need)

Calories: 161.53kcal (8.08%), Fat: 10.26g (15.79%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 11.26g (4.1%), Sugar: 3.38g (3.75%), Cholesterol: 40.92mg (13.64%), Sodium: 150.17mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Vitamin K: 58.33µg (55.55%), Vitamin E: 2.89mg (19.27%), Folate: 74.47µg (18.62%), Vitamin A: 909.9IU (18.2%), Iron: 3.27mg (18.17%), Vitamin B1: 0.23mg (15.44%), Vitamin B2: 0.25mg (14.63%), Manganese: 0.26mg (13.09%), Phosphorus: 121.23mg (12.12%), Copper: 0.24mg (11.96%), Fiber: 2.71g (10.83%), Selenium: 6.65µg (9.51%), Vitamin B3: 1.84mg (9.2%), Vitamin C: 6.3mg (7.64%), Potassium: 260.28mg (7.44%), Vitamin B6: 0.13mg (6.5%), Calcium: 56.26mg (5.63%), Zinc: 0.84mg (5.61%), Vitamin B5: 0.53mg (5.32%), Magnesium: 19.92mg (4.98%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)