



Fried Asparagus

READY IN



45 min.

SERVINGS



3

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bunch asparagus
- 0.5 cup flour
- 2 eggs
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 1.5 teaspoons parsley
- 0.5 cup cheese
- 0.8 cup breadcrumbs
- 3 servings vegetable oil for frying

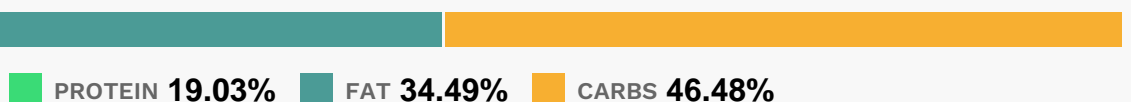
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- wax paper

Directions

- Bring a medium saucepan with lightly salted water to a boil. Prepare an ice bath (place several cubes with cold water in a bowl).
- Place the asparagus into the boiling water for 2 to 4 minutes depending on the thickness of the stalks (they should just be pliable but not fully cooked).
- Remove immediately to the ice bath; when cool, remove to a dish and set aside. Or, you can cook them in the steaming bags for 2 minutes and 30 seconds.
- In a small dish (square if possible) beat the eggs, salt, pepper, parsley, and grating cheese together. On your counter or work surface, lay out two paper dishes or wax paper sheets and place the bowl with the egg mixture between them.
- Fill the first dish with flour and the second with breadcrumbs. Dip the cooled asparagus into the flour, then the egg mixture and finally into the plain breadcrumbs.
- Layer the breaded asparagus on a platter lined with waxed paper, and place waxed paper between the layers of asparagus.
- Heat a large frying pan with about 1-inch of oil in it. When the oil is hot, fry the asparagus until golden brown.
- Drain on paper towels.
- Place on a serving platter.
- Serve immediately, or you can serve them at room temperature as well.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:12.49, Inflammation Score:-8, Nutrition Score:23.93652173913%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg, Quercetin: 20.97mg

Taste

Sweetness: 32.07%, Saltiness: 43.21%, Sourness: 4.68%, Bitterness: 2.41%, Savoriness: 22.47%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 356.25kcal (17.81%), Fat: 13.81g (21.25%), Saturated Fat: 5.38g (33.62%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 36.93g (13.43%), Sugar: 4.72g (5.25%), Cholesterol: 127.95mg (42.65%), Sodium: 753.5mg (32.76%), Protein: 17.15g (34.3%), Vitamin K: 70.89µg (67.51%), Selenium: 31.66µg (45.22%), Vitamin B1: 0.66mg (43.76%), Folate: 162.85µg (40.71%), Vitamin B2: 0.64mg (37.68%), Iron: 6.04mg (33.55%), Manganese: 0.65mg (32.45%), Vitamin A: 1485.78IU (29.72%), Phosphorus: 289.55mg (28.95%), Calcium: 238.79mg (23.88%), Vitamin B3: 4.52mg (22.61%), Copper: 0.41mg (20.56%), Fiber: 4.95g (19.8%), Zinc: 2.42mg (16.13%), Vitamin E: 2.41mg (16.06%), Potassium: 434.66mg (12.42%), Vitamin B6: 0.24mg (12.07%), Vitamin B5: 1.18mg (11.8%), Magnesium: 45.98mg (11.49%), Vitamin C: 8.47mg (10.26%), Vitamin B12: 0.56µg (9.25%), Vitamin D: 0.7µg (4.66%)