



Fried Asparagus Sticks

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



203 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus fresh trimmed
- 2 cups buttermilk
- 0.5 cup flour all-purpose
- 1 teaspoon ground paprika
- 1 teaspoon ground pepper black
- 1 lemon zest
- 1 cup vegetable oil for frying or as needed

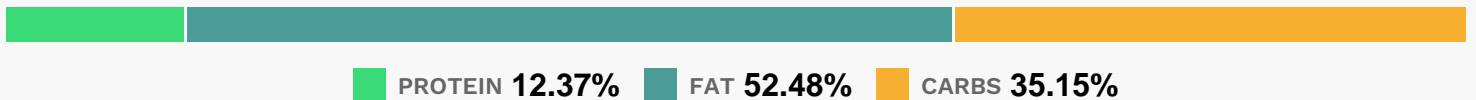
Equipment

- bowl
- frying pan
- paper towels
- whisk
- stove

Directions

- Heat 1-inch vegetable oil in a deep-sided skillet over medium heat.
- Whisk buttermilk, paprika, black pepper, and lemon zest together in a wide bowl.
- Pour flour into a separate wide bowl.
- Place a paper towel-lined plate near the stove top.
- Dip 1/3 of asparagus in buttermilk mixture.
- Transfer asparagus to flour and coat thoroughly.
- Repeat with a second layer of buttermilk mixture and flour.
- Fry coated asparagus in the hot oil until golden brown, 2 to 4 minutes.
- Transfer to the paper towel-lined plate.
- Repeat the battering and frying process until all the sticks are cooked.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:8.93, Inflammation Score:-7, Nutrition Score:13.299130419026%

Flavonoids

Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg, Isorhamnetin: 5.13mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 202.8kcal (10.14%), Fat: 12.2g (18.76%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 15.78g (5.74%), Sugar: 6.5g (7.23%), Cholesterol: 10.56mg (3.52%), Sodium: 103.27mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin K: 54.78µg (52.17%), Vitamin B2: 0.36mg (21.2%), Vitamin A: 1038.6IU (20.77%), Folate: 74.89µg (18.72%), Vitamin B1: 0.27mg (18.29%), Iron: 2.67mg (14.83%), Manganese: 0.29mg (14.43%), Phosphorus: 143.93mg (14.39%), Selenium: 9.91µg (14.16%), Calcium: 138.17mg (13.82%), Vitamin E: 1.93mg (12.86%), Copper: 0.22mg (11.07%), Fiber: 2.6g (10.38%), Potassium: 341.13mg (9.75%), Vitamin B3: 1.75mg (8.77%), Vitamin D: 1.25µg (8.32%), Vitamin C: 6.59mg (7.99%), Vitamin B12: 0.44µg (7.36%), Vitamin B5: 0.69mg (6.86%), Vitamin B6: 0.13mg (6.69%), Magnesium: 26.53mg (6.63%), Zinc: 0.96mg (6.42%)