



Fried Cheese Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon parsley dried
- ☐ 1 cup bread crumbs dry fine
- ☐ 4 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons ground pepper red
- ☐ 28 servings optional: marinara sauce
- ☐ 16 oz monterrey jack cheese with jalapeno peppers
- ☐ 28 servings vegetable oil

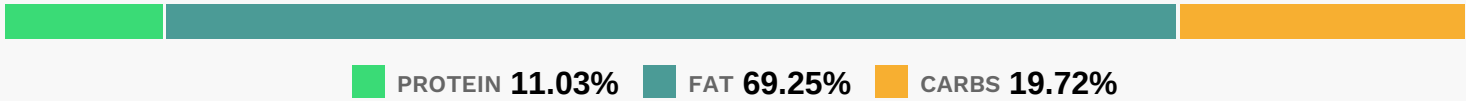
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ wax paper

Directions

- ☐ Cut cheese crosswise into 3/4-inch slices.
- ☐ Lay slices flat and cut in half lengthwise.
- ☐ Combine flour and red pepper; stir well.
- ☐ Combine bread crumbs and parsley in another bowl; stir well. Dip cheese sticks in beaten eggs. Dredge in flour mixture. Dip coated cheese in egg again; dredge in bread crumb mixture, pressing firmly so that crumbs adhere.
- ☐ Place cheese sticks on a wax paper-lined baking sheet and freeze at least 30 minutes.
- ☐ Fry cheese sticks in 375-degree deep oil until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve immediately with marinara sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:9.9017390479212%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.41kcal (12.72%), Fat: 20.14g (30.99%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 10.74g (3.91%), Sugar: 4.73g (5.25%), Cholesterol: 37.8mg (12.6%), Sodium: 715.15mg (31.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin K: 30µg (28.57%), Vitamin E: 3.06mg (20.37%), Calcium: 149.45mg (14.94%), Vitamin A: 733.6IU (14.67%), Phosphorus: 128.96mg (12.9%), Vitamin B2: 0.21mg (12.36%), Potassium: 400.21mg (11.43%), Selenium: 7.51µg (10.73%), Vitamin C: 8.66mg (10.5%), Manganese: 0.2mg (10.15%), Iron: 1.81mg (10.04%), Vitamin B3: 1.76mg (8.81%), Fiber: 2.16g (8.65%), Copper: 0.17mg (8.36%), Vitamin B6: 0.15mg (7.64%), Folate: 29.31µg (7.33%), Vitamin B1: 0.11mg (7.14%), Magnesium: 26.32mg (6.58%), Zinc: 0.93mg (6.18%), Vitamin B5: 0.55mg (5.5%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.22µg (1.49%)