



## Fried Cucumbers

 Dairy Free

READY IN



57 min.

SERVINGS



1

CALORIES



1116 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup self-rising cornmeal mix white
- 0.8 cup cornstarch
- 1 lb kirby cucumbers cut into 1/8- to 1/4-inch-thick slices
- 1 large eggs lightly beaten
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon ground pepper red
- 1 serving desired sauce
- 1 teaspoon kosher salt divided

- 0.8 cup lemon-lime drink soft
- 1 serving vegetable oil

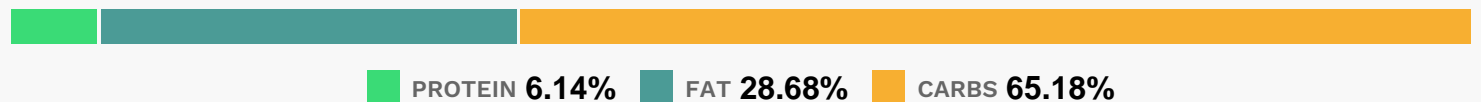
## Equipment

- frying pan
- paper towels

## Directions

- Arrange cucumber slices between layers of paper towels.
- Sprinkle with 1/2 tsp. kosher salt, and let stand 20 minutes.
- Combine cornstarch and next 3 ingredients. Stir in soft drink and egg. Dip cucumber slices into batter.
- Pour oil to depth of 1/2 inch into a large cast-iron or heavy skillet; heat to 37
- Fry cucumbers, 6 to 8 at a time, about 1 1/2 minutes on each side or until golden.
- Drain on paper towels.
- Sprinkle with remaining 1/2 tsp. kosher salt, and serve immediately with dressing or sauce.
- Note: We tested with White Lily Self-Rising White Cornmeal
- Mix.

## Nutrition Facts



## Properties

Glycemic Index:79, Glycemic Load:11, Inflammation Score:-9, Nutrition Score:34.36043478095%

## Nutrients (% of daily need)

Calories: 1115.67kcal (55.78%), Fat: 35.4g (54.47%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 181.01g (60.34%), Net Carbohydrates: 171.35g (62.31%), Sugar: 25.94g (28.83%), Cholesterol: 193.8mg (64.6%), Sodium: 3823.59mg (166.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.55mg (8.85%), Protein: 17.04g (34.08%), Vitamin K: 99.97µg (95.21%), Phosphorus: 818.14mg (81.81%), Folate: 313.22µg (78.3%), Vitamin B1: 0.77mg (51.56%), Manganese: 0.93mg (46.35%), Vitamin B2: 0.74mg (43.62%), Fiber: 9.66g (38.63%), Iron: 6.77mg (37.6%), Calcium: 363.91mg (36.39%), Vitamin B6: 0.67mg (33.31%), Magnesium: 114.16mg (28.54%), Selenium: 19.62µg (28.02%),

Copper: 0.54mg (27.01%), Potassium: 902.88mg (25.8%), Vitamin B5: 2.43mg (24.27%), Vitamin B3: 4.72mg (23.59%), Vitamin A: 1062.72IU (21.25%), Zinc: 2.75mg (18.32%), Vitamin C: 14.9mg (18.06%), Vitamin E: 2.63mg (17.51%), Vitamin B12: 0.5µg (8.27%), Vitamin D: 1.03µg (6.87%)