

Fried Dill Pickles

READY IN



45 min.

SERVINGS



16

CALORIES



643 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 ounce dill pickle drained sliced
- 1 eggs beaten
- 3.5 cups flour all-purpose
- 0.8 teaspoon pepper black
- 1 cup milk
- 0.8 teaspoon salt
- 1 quart vegetable oil for deep-frying
- 1 tablespoon worcestershire sauce

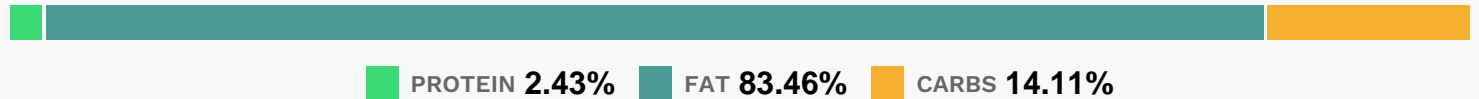
Equipment

- bowl
- frying pan
- paper towels
- slotted spoon

Directions

- In a small bowl, mix together the egg, milk, 1 tablespoon of flour, and Worcestershire sauce. In a separate bowl, stir together the remaining flour, salt, and pepper.
- Heat oil to 350 degrees F (175 degrees C) in a deep-fryer or heavy deep skillet. Dip pickle slices into the milk mixture, then into the flour mixture. Repeat dipping.
- Place the pickles carefully into the hot oil. Avoid over crowding by frying in several batches. Fry until pickles float to the surface, and are golden brown.
- Remove with a slotted spoon, and drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:15.38, Inflammation Score:-4, Nutrition Score:11.33304352864%

Nutrients (% of daily need)

Calories: 643.33kcal (32.17%), Fat: 60.41g (92.94%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 21.66g (7.88%), Sugar: 1.65g (1.83%), Cholesterol: 12.06mg (4.02%), Sodium: 591.21mg (25.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Vitamin K: 118.6µg (112.95%), Vitamin E: 4.96mg (33.07%), Vitamin B1: 0.25mg (16.79%), Selenium: 10.41µg (14.88%), Folate: 55.97µg (13.99%), Vitamin B2: 0.2mg (11.92%), Manganese: 0.23mg (11.34%), Vitamin B3: 1.7mg (8.51%), Iron: 1.53mg (8.47%), Phosphorus: 60.24mg (6.02%), Calcium: 56.64mg (5.66%), Fiber: 1.33g (5.32%), Potassium: 129.2mg (3.69%), Magnesium: 12.45mg (3.11%), Copper: 0.06mg (2.99%), Vitamin A: 144.67IU (2.89%), Vitamin B5: 0.25mg (2.48%), Zinc: 0.36mg (2.37%), Vitamin B6: 0.05mg (2.28%), Vitamin B12: 0.11µg (1.78%), Vitamin C: 1.33mg (1.61%), Vitamin D: 0.22µg (1.49%)