



Fried Goo with Dracula Dip

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoon cayenne pepper
- 1 teaspoon parsley dried
- 1 cup bread crumbs dry
- 4 eggs beaten
- 1 cup flour all-purpose
- 28 servings optional: marinara sauce
- 16 oz monterrey jack cheese with jalapeno peppers
- 28 servings oil for deep frying

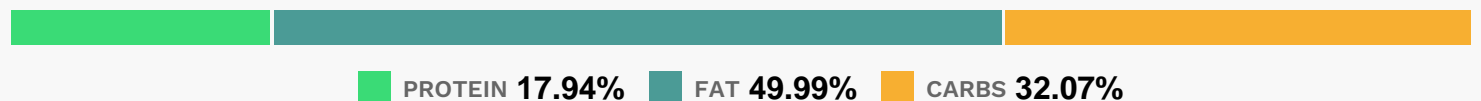
Equipment

- bowl
- baking sheet
- paper towels
- wax paper
- dutch oven

Directions

- Cut cheese crosswise into 3/4-inch slices.
- Lay slices flat and cut in half lengthwise.
- Combine flour and cayenne 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.
- Heat 2 inches of oil in a Dutch oven to 37
- Fry cheese sticks until golden.
- 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:8.7282607555389%

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: 155.4kcal (7.77%), Fat: 8.94g (13.75%), Saturated Fat: 3.6g (22.53%), 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: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Vitamin E: 2.4mg (16%), 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 (10.03%), 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 K: 6.25µg (5.96%), Vitamin B5: 0.55mg (5.5%), Vitamin B12: 0.2µg (3.4%), Vitamin D: 0.22µg (1.49%)