

Fried Green Beans

 Vegetarian

READY IN



25 min.

SERVINGS



3

CALORIES



963 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black
- 1 cup buttermilk
- 2 cups flour all-purpose
- 1 pound green beans fresh
- 1 teaspoon garlic powder
- 4 teaspoons salt
- 1 quart vegetable oil for frying

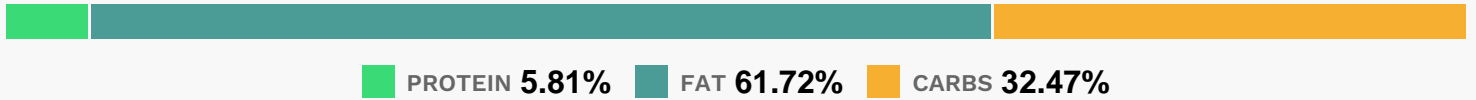
Equipment

- paper towels
- sauce pan
- whisk
- toothpicks

Directions

- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Whisk together the flour, salt, pepper, and garlic powder; set aside.
- Pour the buttermilk into a shallow dish.
- Thread the green beans onto toothpicks, making bundles of about 5 green beans each. Dip the green bean bundles into the buttermilk, then into the flour mixture. Shake off any excess flour. Fry in the hot oil until the flour turns golden brown, about 4 minutes.
- Drain on a paper towel-lined plate, and serve hot.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:50.3, Inflammation Score:-9, Nutrition Score:28.188260969908%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 962.51kcal (48.13%), Fat: 66.92g (102.95%), Saturated Fat: 11.36g (70.99%), Carbohydrates: 79.19g (26.4%), Net Carbohydrates: 72.6g (26.4%), Sugar: 9.09g (10.1%), Cholesterol: 8.8mg (2.93%), Sodium: 3196.11mg (138.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.36%), Vitamin K: 182.62µg (173.93%), Vitamin B1: 0.82mg (54.72%), Folate: 206.98µg (51.74%), Manganese: 1mg (50.05%), Selenium: 32.4µg (46.28%), Vitamin B2: 0.71mg (41.71%), Vitamin E: 5.9mg (39.34%), Iron: 5.61mg (31.16%), Vitamin B3: 6.12mg (30.59%), Fiber: 6.59g (26.36%), Vitamin A: 1178.91IU (23.58%), Vitamin C: 18.46mg (22.37%), Phosphorus: 220.65mg (22.06%), Calcium: 166.11mg (16.61%), Magnesium: 66.12mg (16.53%), Potassium: 537.62mg (15.36%), Vitamin B6: 0.3mg (14.86%), Copper: 0.26mg (13.05%), Vitamin B5: 1.03mg (10.26%), Zinc: 1.3mg (8.64%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.37µg (6.13%)