



Fried Green Beans

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer
- ☐ 1 cup flour all-purpose
- ☐ 1 pound green beans ends trimmed
- ☐ 0.5 teaspoon ground pepper black plus more for seasoning
- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 teaspoons salt plus more for seasoning

Equipment

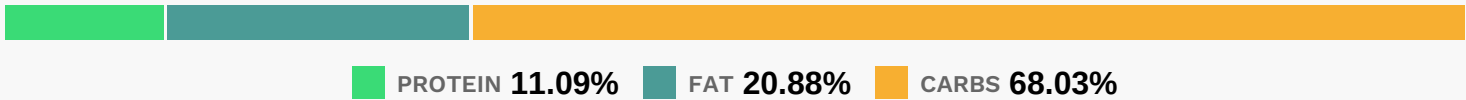
- ☐ paper towels

- ☐ whisk
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oil to 375 degrees F.
- ☐ Whisk the beer, flour, salt and pepper until smooth.
- ☐ Dip green beans into batter to coat, letting excess drip off. Fry in the peanut oil in batches, until they are golden and crisp.
- ☐ Remove from oil with a spider strainer to a paper towel lined sheet tray.
- ☐ Sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:13.59, Inflammation Score:-6, Nutrition Score:9.8795651404754%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 145.71kcal (7.29%), Fat: 3.25g (4.99%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 20.46g (7.44%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 6.97mg (0.3%), Alcohol: 1.53g (100%), Alcohol %: 1.28% (100%), Protein: 3.88g (7.76%), Vitamin K: 43.08µg (41.03%), Manganese: 0.41mg (20.59%), Folate: 69.35µg (17.34%), Vitamin B1: 0.23mg (15.37%), Fiber: 3.34g (13.38%), Iron: 2.37mg (13.19%), Vitamin B2: 0.2mg (11.79%), Vitamin C: 9.26mg (11.23%), Selenium: 7.83µg (11.19%), Vitamin A: 550.49IU (11.01%), Vitamin B3: 2.06mg (10.32%), Magnesium: 30.56mg (7.64%), Vitamin B6: 0.15mg (7.57%), Vitamin E: 1.06mg (7.09%), Potassium: 215.34mg (6.15%), Calcium: 59.65mg (5.96%), Phosphorus: 59.43mg (5.94%), Copper: 0.1mg (4.84%), Vitamin B5: 0.29mg (2.95%), Zinc: 0.38mg (2.52%)