



Fried Green Beans and Shallot Rings

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

Ingredients

- 1 teaspoon baking soda
- 2 teaspoons chili powder
- 1.8 cups club soda
- 0.5 cup cornmeal
- 1 cup flour all-purpose
- 1 pound green beans ends trimmed
- 0.5 cup mayonnaise
- 0.5 cup rice flour

- 1 tsp salt
- 2 large shallots thick sliced
- 8 servings vegetable oil for frying

Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- pot
- kitchen thermometer
- tongs

Directions

- Preheat oven to 25
- Fill a deep pot with 2 in. oil, insert a deep-fry thermometer, and heat to 375 over medium-high heat.
- Mix together flours, cornmeal, baking soda, and 1 tsp. salt in a medium bowl. Slowly whisk in club soda until blended.
- Dip a large handful of green beans into batter. Using tongs, lift beans from batter, letting a little of excess drain, and lower a portion at a time into oil. Fry until golden brown, about 1 minute.
- Transfer to a large baking sheet lined with paper towels, salt to taste, and put in oven to keep warm. Repeat with remaining beans and the shallots; keep oil between 375 and 38
- Stir together mayonnaise with chili powder in a small bowl for dipping.

Nutrition Facts



PROTEIN 6.61% **FAT 46.54%** **CARBS 46.85%**

Properties

Glycemic Index:42.19, Glycemic Load:19.64, Inflammation Score:-6, Nutrition Score:10.226086978031%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 275.07kcal (13.75%), Fat: 14.35g (22.08%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 29.01g (10.55%), Sugar: 2.67g (2.96%), Cholesterol: 5.88mg (1.96%), Sodium: 540.32mg (23.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin K: 52.99µg (50.47%), Manganese: 0.44mg (22.09%), Vitamin B1: 0.22mg (14.61%), Fiber: 3.5g (14%), Folate: 54.05µg (13.51%), Selenium: 8.24µg (11.78%), Vitamin B6: 0.22mg (11.11%), Vitamin A: 548.82IU (10.98%), Iron: 1.84mg (10.22%), Vitamin B3: 1.91mg (9.57%), Vitamin B2: 0.16mg (9.18%), Vitamin C: 7.42mg (8.99%), Magnesium: 34.47mg (8.62%), Phosphorus: 78.77mg (7.88%), Vitamin E: 1.17mg (7.81%), Potassium: 210.47mg (6.01%), Copper: 0.12mg (5.76%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.38mg (3.84%), Calcium: 32.77mg (3.28%)