



Fried Green Beans and Wasabi Ranch

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



465 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 cup buttermilk
- 2 large eggs beaten
- 1 cup flour
- 2 tablespoons chives fresh finely chopped
- 4 servings frying oil
- 1 tablespoon sea salt
- 1 tablespoon granulated onion

- 1.3 pounds green beans
- 4 servings salt and pepper
- 1 cup cup heavy whipping cream sour
- 1 teaspoons wasabi paste

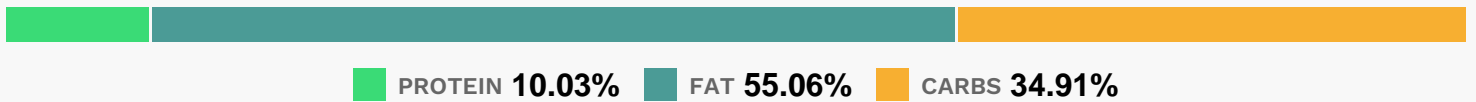
Equipment

- bowl
- wire rack
- kitchen towels

Directions

- Combine the sour cream, buttermilk, wasabi, chives and season with salt and pepper. Reserve.
- Bring a few inches of water to a boil, salt it and cook the green beans, 2 minutes.
- Remove, cold shock in an ice bath, drain and dry on a kitchen towel.
- Meanwhile, heat a few inches of oil over medium to medium-high heat.
- Combine 1 cup water, the flour, baking powder, onion, garlic and eggs in a bowl to form a batter. Dip the beans in the batter, a dozen at a time, and fry them up in batches. Cool on a cooling rack.
- Sprinkle with salt while hot.
- Serve the fried beans with the wasabi dipper.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:20.95, Inflammation Score:-8, Nutrition Score:22.32260880263%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.94mg,

Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 464.85kcal (23.24%), Fat: 29.2g (44.92%), Saturated Fat: 9.43g (58.91%), Carbohydrates: 41.65g (13.88%), Net Carbohydrates: 36.39g (13.23%), Sugar: 8.41g (9.35%), Cholesterol: 130.23mg (43.41%), Sodium: 449.48mg (19.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Vitamin K: 91.09µg (86.76%), Vitamin B2: 0.57mg (33.62%), Selenium: 23.1µg (33%), Vitamin A: 1586.52IU (31.73%), Folate: 124.52µg (31.13%), Manganese: 0.59mg (29.37%), Vitamin B1: 0.42mg (27.78%), Calcium: 263.25mg (26.32%), Phosphorus: 254.96mg (25.5%), Vitamin C: 19.64mg (23.81%), Iron: 3.78mg (21.03%), Fiber: 5.25g (21.02%), Vitamin B6: 0.34mg (17.08%), Potassium: 532.38mg (15.21%), Vitamin B3: 3.03mg (15.13%), Vitamin E: 2.27mg (15.12%), Magnesium: 59.48mg (14.87%), Vitamin B5: 1.18mg (11.81%), Copper: 0.2mg (10.21%), Zinc: 1.35mg (8.97%), Vitamin B12: 0.48µg (8.02%), Vitamin D: 0.89µg (5.93%)