



Fried Green Cucumbers

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



752 kcal

SIDE DISH

Ingredients

- ☐ 2 large cucumbers cut into 1/2-inch slices
- ☐ 5 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 quart vegetable oil for frying

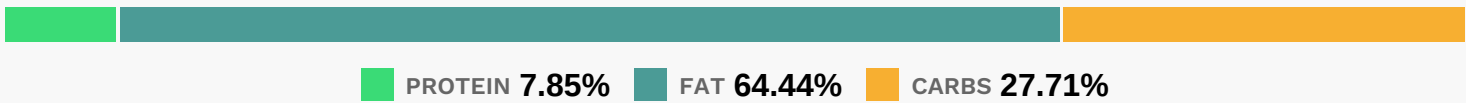
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Whisk the flour together with 2 tablespoons salt and 2 tablespoons pepper in a mixing bowl; set aside. Beat the eggs in a separate mixing bowl; whisk in the milk, 1 teaspoon salt, and 1 teaspoon pepper until smooth.
- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Dip the cucumber slices into the beaten egg, then press into the flour. Gently place the cucumber slices into the hot oil and cook until golden brown on both sides, about 3 to 4 minutes.
- ☐ Drain on a paper towel-lined plate, allowing to cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:35.14, Inflammation Score:-7, Nutrition Score:22.02130419275%

Nutrients (% of daily need)

Calories: 751.64kcal (37.58%), Fat: 53.89g (82.91%), Saturated Fat: 9.34g (58.4%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 49.35g (17.95%), Sugar: 3.04g (3.38%), Cholesterol: 206.43mg (68.81%), Sodium: 669.41mg (29.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.53%), Vitamin K: 98.31µg (93.63%), Selenium: 38.53µg (55.04%), Folate: 159.91µg (39.98%), Vitamin B1: 0.57mg (37.67%), Vitamin B2: 0.62mg (36.3%), Manganese: 0.61mg (30.49%), Vitamin E: 4.54mg (30.27%), Iron: 4.23mg (23.52%), Phosphorus: 221.99mg (22.2%), Vitamin B3: 3.8mg (19.02%), Vitamin B5: 1.52mg (15.17%), Copper: 0.24mg (11.81%), Fiber: 2.79g (11.18%), Potassium: 362.82mg (10.37%), Vitamin B6: 0.2mg (10.16%), Magnesium: 39.85mg (9.96%), Zinc: 1.46mg (9.7%), Vitamin B12: 0.57µg (9.53%), Vitamin A: 425.24IU (8.5%), Vitamin D: 1.27µg (8.45%), Calcium: 81.11mg (8.11%), Vitamin C: 4.48mg (5.43%)