



Fried Jalapeños

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 cups beer
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 23 ounce jalapeño peppers whole drained
- ☐ 4 ounces muenster cheese
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

- ☐ 18 servings vegetable oil
- ☐ 0.5 cup cornmeal yellow

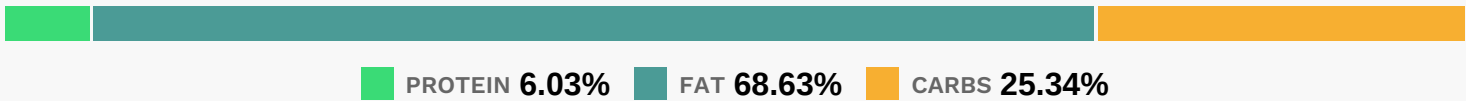
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cut a small slit in each pepper, and carefully remove seeds. Rinse peppers with cold water; drain on paper towels.
- ☐ Cut cheese into 18 pieces; insert 1 piece into each pepper.
- ☐ Combine cornmeal and next 3 ingredients in a small bowl; add 1 tablespoon oil and beer, stirring until smooth.
- ☐ Let stand 10 to 15 minutes.
- ☐ Pour oil to depth of 3 inches into a skillet or deep fat fryer; heat to 35
- ☐ Dredge peppers in 1/2 cup flour; then dip into batter. Fry 3 to 4 minutes or until golden brown, turning occasionally.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.78, Glycemic Load:8.41, Inflammation Score:-6, Nutrition Score:8.825217532075%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 226.17kcal (11.31%), Fat: 17.14g (26.37%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 12.53g (4.55%), Sugar: 1.66g (1.84%), Cholesterol: 6.05mg (2.02%), Sodium: 129.84mg (5.65%), Alcohol: 0.64g (100%), Alcohol %: 0.91% (100%), Protein: 3.39g (6.78%), Vitamin C: 42.96mg (52.08%), Vitamin K: 34.03µg (32.41%), Vitamin E: 2.54mg (16.95%), Vitamin B6: 0.19mg (9.67%), Vitamin A: 454.25IU (9.09%), Folate: 32.08µg (8.02%), Vitamin B1: 0.11mg (7.41%), Selenium: 4.95µg (7.08%), Fiber: 1.71g (6.84%), Manganese: 0.14mg (6.82%), Phosphorus: 67.25mg (6.73%), Calcium: 65.1mg (6.51%), Vitamin B3: 1.28mg (6.39%), Vitamin B2: 0.11mg (6.19%), Iron: 0.76mg (4.24%), Magnesium: 15.2mg (3.8%), Potassium: 128.13mg (3.66%), Zinc: 0.44mg (2.93%), Copper: 0.05mg (2.26%), Vitamin B5: 0.2mg (2.05%), Vitamin B12: 0.1µg (1.6%)