



Vegetarian



Popular

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READY IN

ready

30 min.

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SERVINGS

servings

8

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CALORIES

calories

531 kcal

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ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 2 eggs beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 teaspoon garlic salt
- ☐ 1.5 cups seasoned bread crumbs italian
- ☐ 16 ounce mozzarella cheese sticks
- ☐ 1 quart oil for deep frying
- ☐ 0.3 cup water

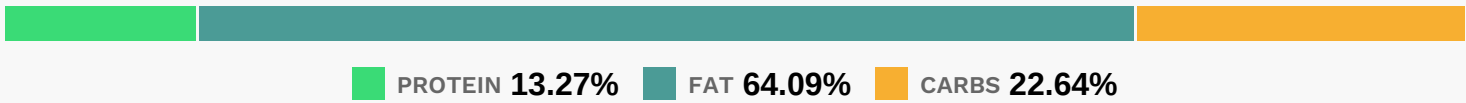
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ In a small bowl, mix the eggs and water.
- ☐ Mix the bread crumbs and garlic salt in a medium bowl. In a medium bowl, blend the flour and cornstarch.
- ☐ In a large heavy saucepan, heat the oil to 365 degrees F (185 degrees C).
- ☐ One at a time, coat each mozzarella stick in the flour mixture, then the egg mixture, then in the bread crumbs and finally into the oil. Fry until golden brown, about 30 seconds.
- ☐ Remove from heat and drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:8.7708695142165%

Nutrients (% of daily need)

Calories: 531.44kcal (26.57%), Fat: 38.18g (58.73%), Saturated Fat: 9.5g (59.39%), Carbohydrates: 30.33g (10.11%), Net Carbohydrates: 28.9g (10.51%), Sugar: 1.36g (1.51%), Cholesterol: 71.76mg (23.92%), Sodium: 908.28mg (39.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Vitamin E: 4.32mg (28.8%), Vitamin K: 27.28µg (25.98%), Vitamin B1: 0.3mg (20.16%), Selenium: 12.62µg (18.02%), Manganese: 0.3mg (14.94%), Folate: 51.01µg (12.75%), Vitamin B2: 0.2mg (11.48%), Vitamin B3: 2.01mg (10.05%), Iron: 1.81mg (10.05%), Calcium: 89.35mg (8.93%), Phosphorus: 73.55mg (7.35%), Fiber: 1.43g (5.73%), Copper: 0.08mg (4.09%), Zinc: 0.54mg (3.61%), Magnesium: 14.2mg (3.55%), Vitamin B5: 0.35mg (3.54%), Vitamin B6: 0.06mg (3.09%), Vitamin B12: 0.18µg (2.94%), Potassium: 78.49mg (2.24%), Vitamin A: 110.76IU (2.22%), Vitamin D: 0.22µg (1.47%)