



## Fried Pickles with Ranch Dipping Sauce

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup cream sour
- 0.5 cup buttermilk
- 1 clove garlic finely chopped
- 0.3 cup parsley fresh italian chopped (flat-leaf)
- 2 tablespoons optional: dill fresh chopped
- 1 tablespoon chives fresh chopped
- 1 tablespoon worcestershire sauce
- 1 teaspoon vinegar white

- 1 teaspoon salt
- 0.5 teaspoon pepper
- 32 oz dill pickle drained
- 1 cup buttermilk
- 2 tablespoons hot sauce red
- 1 cup flour all-purpose
- 1 cup cornmeal yellow
- 2 tablespoons cajun spice
- 1 serving vegetable oil for deep frying
- 2 teaspoons salt

## Equipment

- bowl
- paper towels
- sauce pan
- deep fryer

## Directions

- In small bowl, mix all dipping sauce ingredients until well blended. Cover; refrigerate until serving time.
- Pat pickles dry with paper towels. In shallow bowl, mix 1 cup buttermilk and 2 tablespoons pepper sauce. In another shallow bowl, mix flour, cornmeal and Cajun seasoning.
- In deep fryer or heavy saucepan, heat 2 to 3 inches oil to 350°F. Dip pickles in buttermilk mixture, then coat with flour mixture. Working in small batches, fry pickles about 2 to 3 minutes or until golden brown and crisp.
- Drain on paper towels; immediately sprinkle with 2 teaspoons salt.
- Serve fried pickles warm with dipping sauce.

## Nutrition Facts



■ PROTEIN 10.71% ■ FAT 34.47% ■ CARBS 54.82%

## Properties

Glycemic Index:53.06, Glycemic Load:18.07, Inflammation Score:-8, Nutrition Score:13.529565251392%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 243.47kcal (12.17%), Fat: 9.49g (14.6%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 29.79g (10.83%), Sugar: 5.44g (6.05%), Cholesterol: 21.91mg (7.3%), Sodium: 1961.52mg (85.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Vitamin K: 53.61µg (51.06%), Vitamin A: 1512.48IU (30.25%), Vitamin B2: 0.32mg (18.6%), Vitamin B1: 0.27mg (18.25%), Manganese: 0.35mg (17.61%), Fiber: 4.16g (16.63%), Calcium: 157.05mg (15.71%), Phosphorus: 149.13mg (14.91%), Selenium: 9.41µg (13.44%), Folate: 53.05µg (13.26%), Iron: 2.27mg (12.59%), Vitamin B6: 0.24mg (12.03%), Magnesium: 45.06mg (11.26%), Potassium: 381.58mg (10.9%), Vitamin C: 8.28mg (10.03%), Vitamin B3: 1.84mg (9.18%), Zinc: 1.23mg (8.2%), Copper: 0.14mg (7.06%), Vitamin E: 0.92mg (6.13%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.27µg (4.46%), Vitamin D: 0.58µg (3.9%)