



## Fried String Cheese Sticks

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



710 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

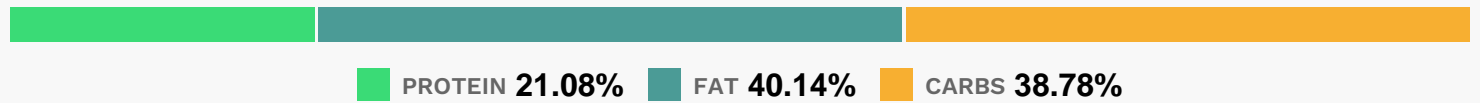
- 4 individual string cheese sticks
- 0.3 cup flour
- 1 tablespoon eggs (egg wash)
- 0.5 cup seasoned bread crumbs italian
- 1 serving vegetable oil for frying

### Equipment

## Directions

- Dredge individual cheese sticks in flour. shake off excess.
- Roll sticks in egg wash,
- Then coat with bread crumbs.
- Fry in hot oil for 20 seconds, then flip and fry another 20 seconds.
- Serve with Pizza sauce or marinara!!

## Nutrition Facts



## Properties

Glycemic Index:75, Glycemic Load:17.25, Inflammation Score:-5, Nutrition Score:17.490434782609%

## Nutrients (% of daily need)

Calories: 709.77kcal (35.49%), Fat: 31.77g (48.87%), Saturated Fat: 15.77g (98.58%), Carbohydrates: 69.05g (23.02%), Net Carbohydrates: 65.26g (23.73%), Sugar: 3.58g (3.98%), Cholesterol: 116.09mg (38.7%), Sodium: 1703.54mg (74.07%), Protein: 37.54g (75.07%), Vitamin B1: 0.83mg (55.19%), Selenium: 29.95µg (42.79%), Manganese: 0.81mg (40.38%), Folate: 135.54µg (33.88%), Vitamin K: 32.89µg (31.32%), Vitamin B3: 5.55mg (27.76%), Vitamin B2: 0.47mg (27.7%), Iron: 4.66mg (25.9%), Calcium: 201.69mg (20.17%), Phosphorus: 169.23mg (16.92%), Fiber: 3.78g (15.14%), Copper: 0.2mg (10.1%), Magnesium: 36.25mg (9.06%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.74mg (7.37%), Vitamin B6: 0.14mg (7.07%), Vitamin B12: 0.34µg (5.69%), Potassium: 192.44mg (5.5%), Vitamin A: 211.33IU (4.23%), Vitamin E: 0.56mg (3.73%), Vitamin D: 0.3µg (1.97%), Vitamin C: 1.62mg (1.96%)