



Fritto Misto di Verdura (Mixed Fried Vegetables)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



809 kcal

SIDE DISH

Ingredients

- ☐ 1 head broccoli cut into thin spears
- ☐ 2 cups cornstarch
- ☐ 2 quarts olive oil extra virgin for frying
- ☐ 0.3 pound green beans
- ☐ 3 lemons cut into wedges
- ☐ 0.3 pound peas in pod sweet
- ☐ 6 servings salt to taste

- ☐ 1 bunch scallions
- ☐ 1 summer squash cut into 1/ rounds
- ☐ 1 bell pepper sweet yellow cored cut into 1/ strips
- ☐ 1 zucchini cut into 1/ rounds

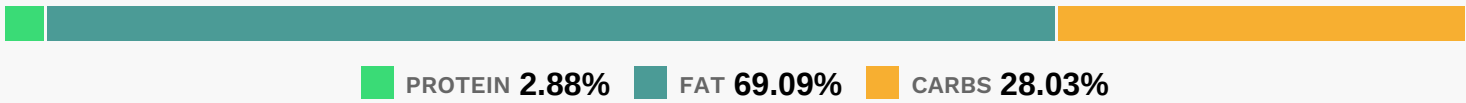
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

Directions

- ☐ Heat the oil in a deep pan with a basket until just smoking. In a wide, shallow bowl, mix half the vegetables and 1/3 of the lemon wedges.
- ☐ Sprinkle with 1 cup cornstarch and toss quickly with hands to coat. Toss into a large strainer with a handle and bat against hands to remove excess cornstarch. Drop the coated vegetables and lemons into the oil and cook until golden brown and crispy (about 2 minutes).
- ☐ Remove to a plate lined with paper towels to drain. Immediately repeat with the 1/3 of the remaining lemons and all remaining vegetables. Season the hot fried foods with salt and serve immediately with fresh lemon wedges.

Nutrition Facts



Properties

Glycemic Index:37.81, Glycemic Load:3.71, Inflammation Score:-9, Nutrition Score:23.21434798448%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg

Kaempferol: 8.1mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 808.97kcal (40.45%), Fat: 63.98g (98.43%), Saturated Fat: 8.92g (55.74%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 51.31g (18.66%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 239.79mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.99%), Vitamin C: 177.42mg (215.06%), Vitamin K: 164.82µg (156.97%), Vitamin E: 10.16mg (67.73%), Fiber: 7.09g (28.35%), Folate: 113.33µg (28.33%), Manganese: 0.51mg (25.75%), Vitamin A: 1128.39IU (22.57%), Vitamin B6: 0.44mg (21.97%), Potassium: 706.61mg (20.19%), Vitamin B2: 0.26mg (15.25%), Phosphorus: 139.73mg (13.97%), Iron: 2.48mg (13.76%), Vitamin B1: 0.2mg (13.16%), Magnesium: 52.46mg (13.12%), Copper: 0.2mg (9.8%), Calcium: 90.18mg (9.02%), Vitamin B5: 0.9mg (8.99%), Vitamin B3: 1.74mg (8.7%), Zinc: 1mg (6.68%), Selenium: 4.61µg (6.59%)