



Garlicky "Fried" Vegetables



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce button mushrooms
- ☐ 0.3 cup cornstarch sifted
- ☐ 2 teaspoons creole seasoning
- ☐ 6 large egg whites
- ☐ 1 large garlic clove minced
- ☐ 1 small tomatoes green cut into 1/4-inch-thick slices
- ☐ 6 servings horseradish
- ☐ 0.5 pound okra whole

- ☐ 3 cups panko breadcrumbs
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium size bell pepper red cut into strips
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 small zucchini cut into 1/4-inch-thick slices

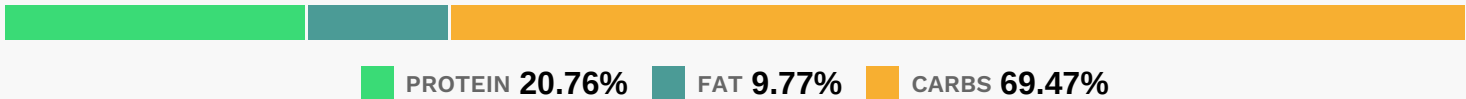
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Place tomato slices on paper towels; sprinkle with 1/8 teaspoon salt, and let stand 5 minutes.
- ☐ Place tomatoes, zucchini, and next 4 ingredients in a large bowl.
- ☐ Sprinkle evenly with Creole seasoning and cornstarch; shake to remove excess.
- ☐ Combine breadcrumbs, 1/4 teaspoon salt, and pepper in a shallow bowl.
- ☐ Whisk 3 egg whites in a small bowl until frothy. Dip half of vegetables in egg whites, draining excess. Dredge vegetables, in batches, in breadcrumb mixture. Repeat procedure with remaining egg whites, vegetables, and breadcrumb mixture.
- ☐ Arrange vegetables on wire racks coated with cooking spray; place racks on aluminum foil-lined pans. (Do not overlap vegetables.)
- ☐ Bake at 400 for 30 to 35 minutes or until golden brown.
- ☐ Serve immediately with Horseradish Sauce.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.36, Inflammation Score:-8, Nutrition Score:16.987826015638%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 194.23kcal (9.71%), Fat: 2.16g (3.32%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 30.35g (11.04%), Sugar: 5.81g (6.45%), Cholesterol: 0mg (0%), Sodium: 450.38mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Vitamin C: 43.85mg (53.16%), Manganese: 0.71mg (35.45%), Vitamin B2: 0.49mg (28.81%), Vitamin B1: 0.43mg (28.66%), Selenium: 18.48µg (26.4%), Vitamin A: 1306.33IU (26.13%), Vitamin B3: 4.21mg (21.04%), Folate: 81.32µg (20.33%), Vitamin K: 17.91µg (17.05%), Fiber: 4.14g (16.57%), Vitamin B6: 0.29mg (14.35%), Potassium: 498.96mg (14.26%), Copper: 0.28mg (14.19%), Phosphorus: 131.99mg (13.2%), Magnesium: 51.71mg (12.93%), Iron: 2.25mg (12.5%), Vitamin B5: 1.07mg (10.74%), Calcium: 101.1mg (10.11%), Zinc: 1.05mg (7.01%), Vitamin E: 0.73mg (4.83%), Vitamin B12: 0.15µg (2.5%)