



Green Bean Fries with Spicy Mayo

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



738 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 chipotles in adobo canned chopped
- ☐ 3 cups canola oil for frying
- ☐ 1 cup flour divided
- ☐ 12 ounces green beans ends trimmed
- ☐ 1 cup cornmeal finely
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise

☐ 0.3 teaspoon pepper

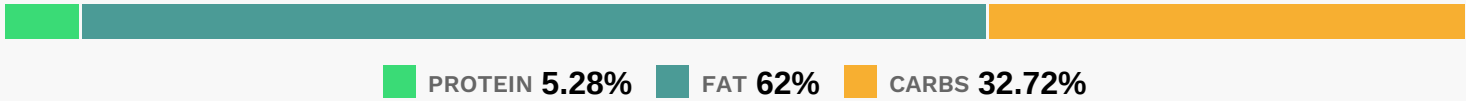
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat oil in a medium saucepan over medium heat until it reaches 375 on a deep-fry thermometer. Reduce heat to low if it gets too hot.
- ☐ Meanwhile, combine mayonnaise and chipotle in a small bowl; set aside.
- ☐ Mix 1/2 cup flour, the cornmeal, salt, and pepper in a medium bowl. Put remaining 1/2 cup flour in a second bowl and buttermilk in a third bowl.
- ☐ Working with about 10 beans at a time, dust beans with flour, dip in buttermilk, then dredge in cornmeal mixture, breaking clumps apart as needed.
- ☐ Carefully drop beans into hot oil, turning to keep them from sticking. Fry beans until golden brown, about 3 minutes, increasing or reducing heat as needed to keep oil at 35
- ☐ Using a slotted spoon, transfer beans to a tray lined with paper towels.
- ☐ Serve with spicy mayo on the side.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:36.74, Inflammation Score:-8, Nutrition Score:20.279130521028%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 738.13kcal (36.91%), Fat: 51.39g (79.06%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 61.03g (20.34%), Net Carbohydrates: 53.74g (19.54%), Sugar: 5.3g (5.89%), Cholesterol: 11.14mg (3.71%), Sodium: 448.1mg (19.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Vitamin K: 91.42µg (87.07%), Vitamin E: 7.03mg (46.86%), Manganese: 0.67mg (33.54%), Vitamin B1: 0.45mg (30.03%), Fiber: 7.28g (29.13%), Folate: 101.22µg (25.31%), Selenium: 15.04µg (21.48%), Iron: 3.67mg (20.37%), Vitamin B2: 0.34mg (19.72%), Vitamin B6: 0.38mg (19.04%), Magnesium: 74.08mg (18.52%), Phosphorus: 185.12mg (18.51%), Vitamin B3: 3.48mg (17.4%), Vitamin A: 649.34IU (12.99%), Vitamin C: 10.38mg (12.58%), Zinc: 1.8mg (12%), Potassium: 386.84mg (11.05%), Copper: 0.21mg (10.64%), Calcium: 75.27mg (7.53%), Vitamin B5: 0.71mg (7.13%), Vitamin D: 0.43µg (2.85%), Vitamin B12: 0.16µg (2.67%)