



## Green Garden Fries

READY IN



40 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

### Ingredients

- 6 oz yogurt plain fat free
- 1 tablespoon olive oil
- 1 tablespoon juice of lemon
- 1 clove garlic finely chopped
- 0.5 teaspoon salt
- 2 tablespoons herbs: rosemary fresh (basil, dill, oregano and/or thyme)
- 1 cup panko bread crumbs
- 0.5 cup parmesan shredded finely
- 1 tablespoon herbs: rosemary fresh (basil, dill, oregano and/or thyme)

- 0.3 teaspoon salt
- 3 tablespoons flour all-purpose
- 2 eggs beaten
- 1.5 lb sugar snap peas
- 2 tablespoons butter melted

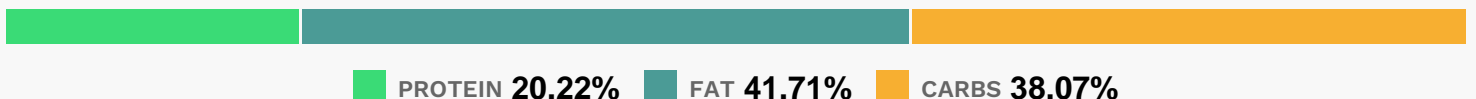
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- In small bowl, mix dip ingredients. Cover and refrigerate.
- Heat oven to 400°F. Line large cookie sheet with foil and spray with cooking spray; set aside.
- In small bowl, mix bread crumbs, Parmesan cheese, 1 tablespoon fresh herbs and the salt. Line up 3 baking dishes or shallow bowls.
- Place flour in first dish.
- Place eggs in second dish.
- Place bread crumb mixture in third dish. Dip and roll vegetables into flour to coat, dip into eggs, then coat with bread crumb mixture.
- Place coated vegetables on cookie sheet.
- Sprinkle any remaining crumb mixture over vegetables.
- Drizzle with melted butter.
- Bake 18 to 20 minutes or until vegetables are tender and coating is light golden brown.
- Serve with dip.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:2.21, Inflammation Score:-9, Nutrition Score:19.431304579196%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 226.39kcal (11.32%), Fat: 10.53g (16.21%), Saturated Fat: 4.75g (29.72%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 18.06g (6.57%), Sugar: 7.55g (8.39%), Cholesterol: 70.83mg (23.61%), Sodium: 575.94mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Vitamin C: 72.08mg (87.37%), Vitamin K: 63.8µg (60.76%), Vitamin A: 1664.2IU (33.28%), Calcium: 236.06mg (23.61%), Phosphorus: 215.28mg (21.53%), Vitamin B1: 0.32mg (21.5%), Manganese: 0.41mg (20.7%), Folate: 79.76µg (19.94%), Iron: 3.52mg (19.54%), Vitamin B2: 0.31mg (18.53%), Selenium: 12.11µg (17.29%), Fiber: 3.58g (14.33%), Vitamin B5: 1.39mg (13.86%), Vitamin B6: 0.25mg (12.6%), Magnesium: 44.53mg (11.13%), Potassium: 367.47mg (10.5%), Vitamin B3: 1.67mg (8.34%), Zinc: 1.2mg (8.03%), Vitamin B12: 0.45µg (7.44%), Vitamin E: 1.09mg (7.26%), Copper: 0.14mg (7.15%), Vitamin D: 0.34µg (2.23%)