



Home-Fried Cheese Sticks

 Vegetarian  Popular

READY IN



155 min.

SERVINGS



48

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 eggs beaten
- 3 cups seasoned bread crumbs italian
- 1 ounce individual string cheese sticks
- 1 quart vegetable oil for frying or as needed

Equipment

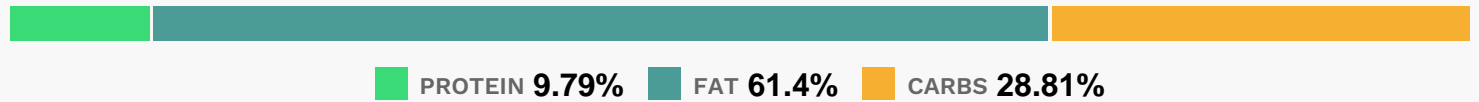
- bowl
- baking sheet
- paper towels

- sauce pan
- baking paper

Directions

- Remove string cheese sticks from plastic wrappings and cut the strings in half crosswise.
- Line a baking sheet with parchment paper.
- Place eggs in a bowl and bread crumbs into a large shallow bowl.
- Dip cheese stick halves into egg and roll in bread crumbs to completely coat the sticks; place breaded cheese sticks onto the prepared baking sheet. Allow cheese sticks to stand at room temperature for about 5 minutes to set, and repeat dipping in egg and bread crumbs to form a thick coating. Freeze breaded cheese sticks for at least 2 hours.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Deep fry cheese sticks, a few at a time, until the coating is golden brown and crisp and the cheese is soft, 5 to 8 minutes.
- Let sticks drain on paper towels; cool slightly and serve warm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2173912732498%

Nutrients (% of daily need)

Calories: 71.83kcal (3.59%), Fat: 4.92g (7.56%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.45g (0.5%), Cholesterol: 17.44mg (5.81%), Sodium: 111.35mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin K: 10.72µg (10.2%), Vitamin B1: 0.07mg (4.93%), Selenium: 3.26µg (4.66%), Manganese: 0.08mg (3.75%), Vitamin B2: 0.05mg (3.06%), Folate: 11.08µg (2.77%), Vitamin E: 0.39mg (2.6%), Iron: 0.45mg (2.5%), Vitamin B3: 0.47mg (2.33%), Phosphorus: 22.35mg (2.23%), Calcium: 16.64mg (1.66%), Fiber: 0.37g (1.47%), Vitamin B5: 0.12mg (1.17%), Vitamin B12: 0.07µg (1.12%), Zinc: 0.17mg (1.11%), Copper: 0.02mg (1.08%), Vitamin B6: 0.02mg (1.03%)