



Jalapeno Fries

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

Ingredients

- 2 eggs
- 1 cup flour all-purpose
- 2 tablespoons garlic powder
- 4 servings salt and ground pepper black to taste
- 6 jalapeño peppers fry-shaped halved seeded sliced into pieces
- 2 cups vegetable oil or as needed

Equipment

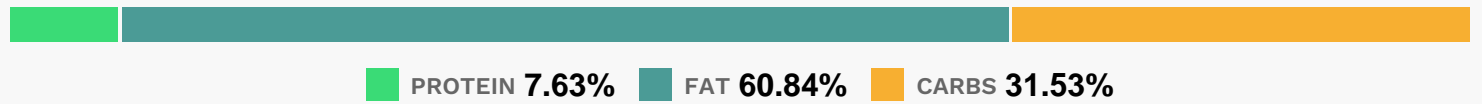
- bowl

sauce pan

Directions

- Heat oil in a deep-fryer or large saucepan over medium heat.
- Mix flour, garlic powder, salt, and black pepper together in a shallow bowl. Beat eggs in a separate bowl.
- Dip jalapeno slices in beaten eggs, then coat generously with flour mixture.
- Fry coated jalapeno slices in the hot oil, working in batches, until peppers are golden brown, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:17.64, Inflammation Score:-6, Nutrition Score:11.941739185997%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 357.5kcal (17.88%), Fat: 24.31g (37.4%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 26.53g (9.65%), Sugar: 1.13g (1.25%), Cholesterol: 81.84mg (27.28%), Sodium: 34.92mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Vitamin K: 44.31µg (42.2%), Vitamin C: 24.95mg (30.25%), Selenium: 18.39µg (26.28%), Folate: 75.09µg (18.77%), Vitamin E: 2.81mg (18.75%), Vitamin B1: 0.28mg (18.67%), Vitamin B2: 0.28mg (16.2%), Manganese: 0.29mg (14.58%), Iron: 2.13mg (11.82%), Vitamin B3: 2.16mg (10.82%), Vitamin B6: 0.21mg (10.28%), Phosphorus: 99.49mg (9.95%), Fiber: 1.82g (7.27%), Vitamin A: 345.73IU (6.91%), Vitamin B5: 0.57mg (5.71%), Potassium: 164.93mg (4.71%), Copper: 0.09mg (4.66%), Zinc: 0.65mg (4.35%), Magnesium: 15.92mg (3.98%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Calcium: 23.13mg (2.31%)