



Jim's Beer-Battered Portobello Mushrooms

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups bitter ale goose island honkers ale® (such as)
- 1 tablespoon double-acting baking powder
- 2 tablespoons cornstarch
- 1.8 cups flour all-purpose
- 4 servings oil for frying
- 3 large portobello mushroom caps cut into 1/2-inch slices
- 0.5 cup sesame seed

Equipment

- bowl
- sauce pan
- whisk

Directions

- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Whisk ale, flour, sesame seeds, cornstarch, and baking powder in a large bowl. The batter will be thick and slightly lumpy.
- Dip 7 to 8 strips of mushroom at a time into the batter, shaking off excess.
- Fry mushrooms in batches in the preheated oil until golden brown, 5 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:33.41, Inflammation Score:-7, Nutrition Score:21.406521816535%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 412.68kcal (20.63%), Fat: 12.87g (19.8%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 57.24g (19.08%), Net Carbohydrates: 52.69g (19.16%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 331.91mg (14.43%), Alcohol: 4.6g (100%), Alcohol %: 2.12% (100%), Protein: 10.86g (21.71%), Selenium: 37.53µg (53.62%), Copper: 1.03mg (51.63%), Manganese: 0.89mg (44.48%), Vitamin B1: 0.62mg (41.38%), Vitamin B3: 7.51mg (37.56%), Calcium: 373.99mg (37.4%), Folate: 142.99µg (35.75%), Phosphorus: 327.81mg (32.78%), Iron: 5.83mg (32.41%), Vitamin B2: 0.43mg (25.17%), Magnesium: 85.85mg (21.46%), Fiber: 4.55g (18.2%), Vitamin B6: 0.32mg (15.99%), Zinc: 2.18mg (14.56%), Potassium: 408.17mg (11.66%), Vitamin B5: 1.02mg (10.15%), Vitamin E: 0.58mg (3.88%), Vitamin K: 2.16µg (2.06%), Vitamin D: 0.19µg (1.26%)