



Kim's Fried Asparagus



Vegetarian



Dairy Free

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READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

746 kcal

SIDE DISH

Ingredients



12 asparagus spears



2 cups bread crumbs fresh



2 eggs beaten



0.5 cup flour all-purpose



2 chile peppers green finely sliced



1 cup mayonnaise



15 dashes pepper sauce hot to taste tabasco® (such as)



0.5 cup vegetable oil for frying or as needed

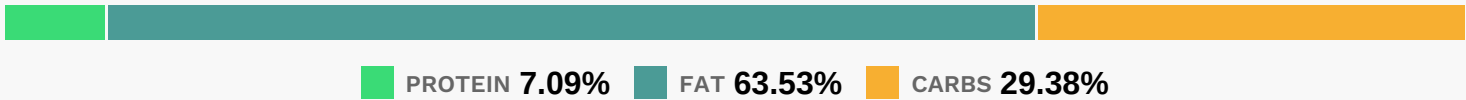
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Dampen asparagus lightly with water. Coat with flour; trying to avoid coating the tips.
- ☐ Dip asparagus in beaten egg.
- ☐ Roll and coat asparagus in a layer of breadcrumbs.
- ☐ Place coated asparagus on a plate and refrigerate, allowing coating to stick, 15 to 20 minutes.
- ☐ Stir mayonnaise, green chilies, and hot pepper sauce together in a small bowl for dipping sauce.
- ☐ Heat vegetable oil in a fry pan over medium heat.
- ☐ Fry coated asparagus in the hot oil until golden brown, 2 to 4 minutes.
- ☐ Serve immediately with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:9.06, Inflammation Score:-7, Nutrition Score:21.351304209751%

Flavonoids

Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 746.33kcal (37.32%), Fat: 52.5g (80.78%), Saturated Fat: 8.77g (54.78%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 50.04g (18.2%), Sugar: 5.45g (6.05%), Cholesterol: 105.36mg (35.12%), Sodium: 868.23mg (37.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.38%), Vitamin K: 124.96µg (119.01%), Vitamin B1: 0.73mg (48.53%), Selenium: 28.05µg (40.07%), Manganese: 0.69mg (34.45%), Folate: 124.5µg (31.12%), Vitamin B2: 0.47mg (27.88%), Iron: 4.87mg (27.03%), Vitamin B3: 4.99mg (24.96%), Vitamin E: 3.11mg (20.73%),

Phosphorus: 186.3mg (18.63%), Fiber: 4.6g (18.41%), Copper: 0.28mg (13.88%), Calcium: 129.51mg (12.95%), Vitamin A: 518.69IU (10.37%), Zinc: 1.52mg (10.13%), Vitamin B5: 0.93mg (9.32%), Magnesium: 36.6mg (9.15%), Vitamin B6: 0.16mg (7.92%), Vitamin B12: 0.45µg (7.53%), Potassium: 261.62mg (7.47%), Vitamin C: 5.67mg (6.87%), Vitamin D: 0.55µg (3.68%)