



Mozzarella Sticks II

 Vegetarian

READY IN



120 min.

SERVINGS



16

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.1 teaspoon baking soda
- 1 cup beer
- 1 egg white
- 1 cup flour all-purpose
- 1 pinch ground pepper white
- 1 pound mozzarella cheese sticks
- 4 cups safflower oil

0.8 teaspoon salt

Equipment

bowl

frying pan

paper towels

whisk

Directions

In a medium bowl, mix together flour, baking powder, baking soda, salt and white pepper. Gradually pour in beer.

Whisk briskly. Cover and allow the mixture to stand 90 minutes.

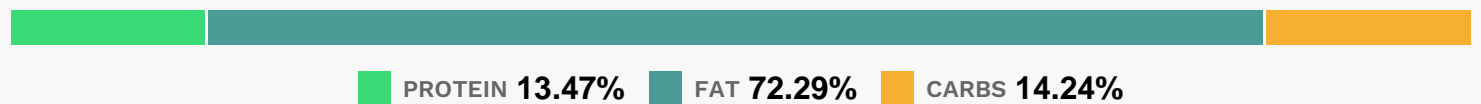
In a large, deep skillet, heat safflower oil to 375 degrees F (190 degrees C).

Whip the egg white into the batter. Dip mozzarella cheese sticks into the batter.

With a slotted metal spoon, place coated cheese sticks a few at a time into the hot oil. Fry 2 1/2 to 3 minutes, until crisp and golden brown.

Drain on paper towels and serve hot.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:4.56, Inflammation Score:-1, Nutrition Score:2.4773912727833%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 213.29kcal (10.66%), Fat: 17.05g (26.23%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.34g (2.67%), Sugar: 0.03g (0.04%), Cholesterol: 15.31mg (5.1%), Sodium: 357.49mg (15.54%), Alcohol: 0.58g (100%), Alcohol %: 0.68% (100%), Protein: 7.15g (14.29%), Vitamin E: 3.72mg (24.81%), Selenium:

3.11µg (4.45%), Vitamin B1: 0.06mg (4.14%), Folate: 15.26µg (3.81%), Vitamin B2: 0.05mg (2.97%), Calcium: 29.47mg (2.95%), Manganese: 0.06mg (2.78%), Vitamin B3: 0.54mg (2.69%), Iron: 0.38mg (2.13%), Phosphorus: 13.54mg (1.35%)