



Pretzel-Crusted Pickle Chips with Mustard Sauce



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 6 large dill pickles sliced
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon garlic powder
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons mayonnaise
- ☐ 1.3 inch thick onion diced red finely

- ☐ 0.5 teaspoon paprika
- ☐ 2 cups pretzels salted mini
- ☐ 3 tablespoons spicy brown mustard
- ☐ 6 servings vegetable oil for frying
- ☐ 5.5 tablespoons mustard yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Mix the onion, both mustards, the mayonnaise, paprika, garlic powder and salt to taste in a bowl. Set the sauce aside.
- ☐ Heat 1/2 inch vegetable oil in a large skillet over medium heat. Gently pat the pickle slices dry with a paper towel.
- ☐ Put the pretzels in a large resealable plastic bag and crush into coarse crumbs using a rolling pin or heavy pan; transfer to a plate.
- ☐ Whisk the eggs in a shallow bowl and put the flour in another bowl. Dredge the pickle slices in the flour, shaking off any excess; dip in the beaten eggs, then dip in the pretzel crumbs, turning to coat. Working in batches, fry the pickles until golden and crisp, about 1 minute per side.
- ☐ Drain on paper towels and sprinkle with celery salt, if desired.
- ☐ Serve warm with the mustard sauce.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



 PROTEIN **11.12%**  FAT **39.17%**  CARBS **49.71%**

Properties

Glycemic Index:53.17, Glycemic Load:22.91, Inflammation Score:-6, Nutrition Score:12.070434715437%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 267.59kcal (13.38%), Fat: 11.83g (18.2%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 30.22g (10.99%), Sugar: 2.8g (3.11%), Cholesterol: 64.94mg (21.65%), Sodium: 1917.69mg (83.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin K: 40.52µg (38.59%), Selenium: 17.31µg (24.73%), Manganese: 0.48mg (24.23%), Folate: 88.16µg (22.04%), Vitamin B1: 0.31mg (20.55%), Vitamin B2: 0.31mg (18.3%), Iron: 2.72mg (15.11%), Fiber: 3.55g (14.21%), Phosphorus: 126.63mg (12.66%), Vitamin B3: 2.32mg (11.6%), Calcium: 105.86mg (10.59%), Vitamin A: 438.79IU (8.78%), Potassium: 287.17mg (8.2%), Magnesium: 32.39mg (8.1%), Vitamin E: 1.05mg (7.02%), Vitamin B6: 0.12mg (6.21%), Copper: 0.12mg (6.21%), Zinc: 0.88mg (5.87%), Vitamin B5: 0.54mg (5.42%), Vitamin C: 3.53mg (4.27%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.32%)