



Ranch Fried Zucchini



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon garlic salt
- ☐ 0.5 teaspoon dill dried
- ☐ 0.5 teaspoon parsley
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon pepper
- ☐ 2 eggs
- ☐ 3 small zucchini cut into 1/4-inch-thick strips

- ☐ 1 serving vegetable oil for frying
- ☐ 0.3 cup ranch dressing
- ☐ 1.5 cups frangelico

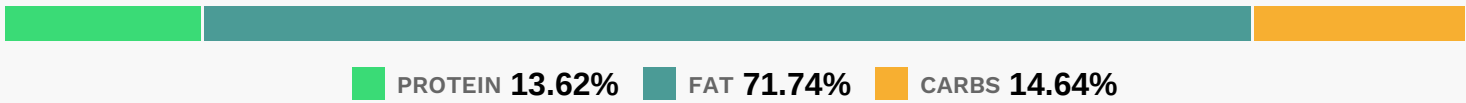
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ deep fryer

Directions

- ☐ In shallow bowl, stir together Bisquick mix, onion powder, garlic salt, dill, parsley, basil and pepper. In another bowl, beat eggs with fork or whisk.
- ☐ In deep fryer or heavy 3-quart saucepan, heat 2 cups oil to 350°F. Working in small batches, dip zucchini strips into batter, then into eggs and back into batter. Fry in hot oil until golden brown on both sides.
- ☐ Drain on paper towels.
- ☐ Serve fried zucchini strips hot with ranch dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:5.053913064625%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 80.11kcal (4.01%), Fat: 6.52g (10.03%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.26g (0.82%), Sugar: 2.02g (2.25%), Cholesterol: 57.16mg (19.05%), Sodium: 503.78mg (21.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin K: 18.67µg (17.78%), Vitamin C: 10.69mg (12.96%), Vitamin B2: 0.13mg (7.83%), Manganese: 0.15mg (7.58%), Phosphorus: 72.11mg (7.21%), Selenium: 5.03µg (7.19%), Vitamin B6: 0.13mg (6.48%), Folate: 21.97µg (5.49%), Potassium: 191.38mg (5.47%), Vitamin B5: 0.43mg (4.31%), Vitamin A: 207.57IU (4.15%), Iron: 0.65mg (3.64%), Magnesium: 14.55mg (3.64%), Vitamin E: 0.5mg (3.32%), Fiber: 0.73g (2.91%), Zinc: 0.42mg (2.8%), Calcium: 26.16mg (2.62%), Copper: 0.05mg (2.52%), Vitamin B12: 0.15µg (2.46%), Vitamin B1: 0.04mg (2.4%), Vitamin D: 0.3µg (2.02%), Vitamin B3: 0.29mg (1.46%)