



## Ranch Veggie Bites

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 1 serving vegetable oil
- 1 teaspoon paprika
- 1 ounce ranch seasoning
- 1 tablespoon water
- 1 eggs slightly beaten
- 4 cups bell pepper such as onion wedges, bell pepper strips, broccoli flowerets or mushrooms assorted
- 1 serving cream sour
- 0.8 cup frangelico

## Equipment

- bowl
- paper towels
- sauce pan
- ziploc bags
- slotted spoon

## Directions

- Pour oil into 3-quart saucepan until 1 inch deep.
- Heat over medium-high heat to 375°.
- Mix Bisquick mix, paprika and dressing mix (dry) in resealable plastic food-storage bag.
- Mix water and egg in large bowl.
- Add vegetables to egg mixture; stir well to coat.
- Transfer vegetables to plastic bag with slotted spoon. Seal bag and shake to coat with Bisquick mixture.
- Fry batches of vegetables in oil 1 to 2 minutes or until light golden brown.
- Remove from oil with slotted spoon; drain on paper towels.
- Serve immediately with sour cream.

## Nutrition Facts

 **PROTEIN 10.32%**  **FAT 43.6%**  **CARBS 46.08%**

## Properties

Glycemic Index:7.83, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:12.186956488568%

## Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 74.98kcal (3.75%), Fat: 3.76g (5.78%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 6.74g (2.45%), Sugar: 4.3g (4.78%), Cholesterol: 28.46mg (9.49%), Sodium: 369.73mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin C: 127.17mg (154.14%), Vitamin A: 3326.37IU (66.53%), Vitamin B6: 0.31mg (15.47%), Vitamin E: 1.94mg (12.95%), Folate: 49.42µg (12.36%), Vitamin K: 9.48µg (9.03%), Fiber: 2.2g (8.81%), Vitamin B2: 0.13mg (7.38%), Potassium: 229.81mg (6.57%), Manganese: 0.12mg (5.94%), Vitamin B3: 1.01mg (5.07%), Vitamin B5: 0.44mg (4.42%), Phosphorus: 42.91mg (4.29%), Vitamin B1: 0.06mg (3.87%), Selenium: 2.45µg (3.49%), Iron: 0.63mg (3.49%), Magnesium: 13.62mg (3.4%), Zinc: 0.36mg (2.43%), Calcium: 13.92mg (1.39%), Copper: 0.03mg (1.27%), Vitamin B12: 0.07µg (1.16%)