

## Ranch Veggie Bites



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

## Ingredients



4 cups bell pepper such as onion wedges, bell pepper strips, broccoli flowerets or mushrooms assorted



1 eggs slightly beaten



1 teaspoon paprika



1 ounce ranch seasoning



6 servings cream sour



6 servings vegetable oil



1 tablespoon water



0.8 cup frangelico

☐ 0.8 cup frangelico

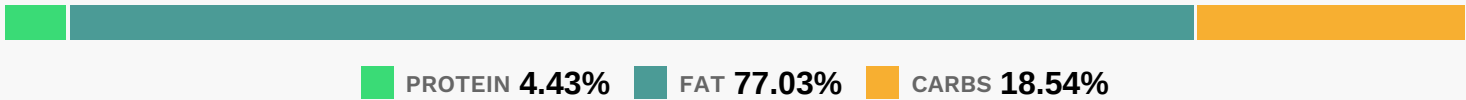
Equipment

- ☐ 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 37
- ☐ 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



Properties

Glycemic Index:7.83, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:13.663043400516%

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: 197.91kcal (9.9%), Fat: 17.37g (26.72%), Saturated Fat: 3.64g (22.77%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.64g (5.16%), Cholesterol: 34.36mg (11.45%), Sodium: 372.83mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin C: 127.26mg (154.25%), Vitamin A: 3388.67IU (67.77%), Vitamin K: 31.08µg (29.6%), Vitamin E: 2.93mg (19.56%), Vitamin B6: 0.31mg (15.68%), Folate: 50.02µg (12.51%), Fiber: 2.2g (8.81%), Vitamin B2: 0.14mg (8.37%), Potassium: 242.31mg (6.92%), Manganese: 0.12mg (6%), Vitamin B3: 1.02mg (5.11%), Phosphorus: 50.51mg (5.05%), Vitamin B5: 0.48mg (4.76%), Selenium: 2.82µg (4.02%), Vitamin B1: 0.06mg (4%), Magnesium: 14.62mg (3.65%), Iron: 0.64mg (3.54%), Zinc: 0.4mg (2.65%), Calcium: 24.02mg (2.4%), Vitamin B12: 0.09µg (1.51%), Copper: 0.03mg (1.36%)