



## Real Wisconsin Fried Cheese Curds

 Vegetarian

READY IN



30 min.

SERVINGS



16

CALORIES



475 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup beer
- 2 pounds cheese curds
- 2 quarts corn oil for frying
- 2 eggs
- 1 cup flour all-purpose
- 0.3 cup milk
- 0.5 teaspoon salt

### Equipment

- paper towels
- sauce pan
- whisk
- sieve

## Directions

- Heat corn oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Whisk together milk, flour, beer, salt, and eggs to form a smooth, rather thin batter.
- Place cheese curds, about 6 or 8 at a time, into the batter, stir to coat, and remove with wire strainer. Shake the curds a time or two to remove excess batter. Deep fry the curds until golden brown, 1 or 2 minutes.
- Drain on paper towels; serve hot.

## Nutrition Facts

**PROTEIN 13.41%** **FAT 81.03%** **CARBS 5.56%**

## Properties

Glycemic Index:9.59, Glycemic Load:4.54, Inflammation Score:-1, Nutrition Score:4.9643477667933%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 475.32kcal (23.77%), Fat: 42.58g (65.51%), Saturated Fat: 12.3g (76.89%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.36g (2.31%), Sugar: 0.22g (0.25%), Cholesterol: 81.59mg (27.2%), Sodium: 447.1mg (19.44%), Alcohol: 0.43g (100%), Alcohol %: 0.27% (100%), Protein: 15.85g (31.7%), Calcium: 414.43mg (41.44%), Vitamin E: 3.58mg (23.84%), Vitamin K: 10.04µg (9.56%), Selenium: 4.48µg (6.39%), Vitamin B1: 0.07mg (4.41%), Folate: 17.55µg (4.39%), Vitamin B2: 0.07mg (4.22%), Manganese: 0.06mg (2.8%), Vitamin B3: 0.53mg (2.63%), Iron: 0.46mg (2.56%), Phosphorus: 24.73mg (2.47%), Vitamin B5: 0.14mg (1.37%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%), Vitamin B6: 0.02mg (1.01%)