



Simple Fritto Misto



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 0.3 cup cornstarch
- ☐ 0.8 cup flour all-purpose
- ☐ 4 ounces green beans halved
- ☐ 1 optional: lemon very thin sliced into round slices
- ☐ 1 pinch salt generous plus more for sprinkling
- ☐ 1 cup seltzer water
- ☐ 4 servings vegetable oil for frying

☐ 2 small zucchini sliced into 1/4-inch rounds

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 375 degrees F.
- ☐ Mix the flour, cornstarch, salt and pepper in a medium bowl.
- ☐ Whisk in the water to make a thin batter. Dip the green beans, zucchini and lemons in the batter and carefully place them in the saucepan. Fry the vegetables until lightly browned, 1 to 3 minutes.
- ☐ Drain the vegetables on paper towels and immediately sprinkle with salt.
- ☐ Serve the vegetables warm.

Nutrition Facts



Properties

Glycemic Index:48.38, Glycemic Load:14.13, Inflammation Score:-6, Nutrition Score:9.2695652298305%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg,

Naringenin: 0.15mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 167.26kcal (8.36%), Fat: 3.37g (5.18%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 28.71g (10.44%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 30.27mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin C: 28.33mg (34.34%), Vitamin K: 19.99µg (19.04%), Folate: 69.38µg (17.35%), Manganese: 0.34mg (17.08%), Vitamin B1: 0.24mg (16.31%), Selenium: 8.57µg (12.24%), Vitamin B2: 0.21mg (12.13%), Fiber: 2.82g (11.29%), Iron: 1.81mg (10.04%), Vitamin B3: 1.89mg (9.43%), Vitamin B6: 0.17mg (8.41%), Potassium: 277.9mg (7.94%), Magnesium: 25.9mg (6.47%), Vitamin A: 319.69IU (6.39%), Phosphorus: 63.9mg (6.39%), Copper: 0.1mg (5.12%), Vitamin B5: 0.34mg (3.38%), Calcium: 33.7mg (3.37%), Zinc: 0.5mg (3.34%), Vitamin E: 0.47mg (3.14%)