



Super Easy and Spicy Fried Pickles



Vegetarian



Dairy Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon cayenne pepper
- ☐ 32 ounce dill pickle drained
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 2 cups vegetable oil; peanut oil preferred for frying or as needed
- ☐ 8 ounce ranch dressing

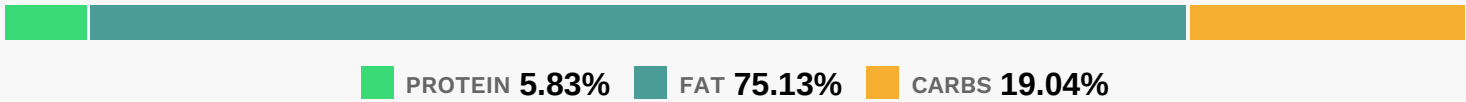
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat the oil in a large heavy skillet over medium heat.
- ☐ Pat the pickle slices dry with paper towels. In a small bowl, stir together the bread crumbs, cayenne pepper, black pepper and garlic powder. Dip pickle slices into the egg, and then coat with the bread crumb mixture.
- ☐ Fry the pickles in the hot oil, until golden brown on each side, turning once.
- ☐ Transfer to paper towels, and serve hot with Ranch dressing.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:9.8917390937391%

Nutrients (% of daily need)

Calories: 306.21kcal (15.31%), Fat: 25.82g (39.73%), Saturated Fat: 4.45g (27.83%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 12.7g (4.62%), Sugar: 3.71g (4.13%), Cholesterol: 48.44mg (16.15%), Sodium: 1387.94mg (60.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin K: 64.66µg (61.58%), Vitamin E: 2.69mg (17.96%), Vitamin B1: 0.21mg (13.87%), Manganese: 0.25mg (12.73%), Phosphorus: 121.11mg (12.11%), Vitamin B2: 0.2mg (12.05%), Selenium: 8.15µg (11.65%), Calcium: 104.26mg (10.43%), Folate: 33.62µg (8.41%), Vitamin A: 412.03IU (8.24%), Fiber: 2.02g (8.07%), Iron: 1.33mg (7.41%), Potassium: 205.57mg (5.87%), Vitamin B5: 0.55mg (5.5%), Vitamin B3: 1.1mg (5.49%), Vitamin B6: 0.1mg (5.07%), Magnesium: 18.53mg (4.63%), Copper: 0.08mg (4.23%), Zinc: 0.55mg (3.63%), Vitamin C: 2.98mg (3.61%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.25µg (1.66%)