



## Tempura Dill Pickles



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 cup club soda chilled
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper red
- ☐ 24 ounce kosher dill pickles sliced
- ☐ 0.3 teaspoon salt
- ☐ 6 servings vegetable oil

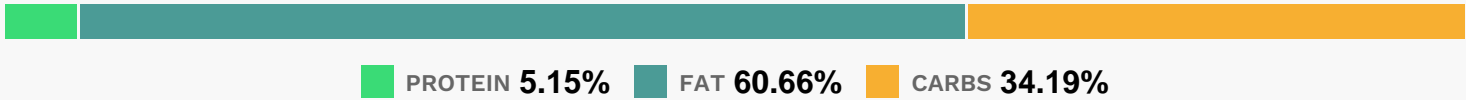
### Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

## Directions

- ☐ Drain pickles, reserving 2 tablespoons pickle juice. Press pickles between layers of paper towels. Set aside.
- ☐ Pour oil to a depth of 3 inches into a Dutch oven; heat to 37
- ☐ Combine flour and next 3 ingredients in a medium bowl. Stir in club soda and reserved 2 tablespoons pickle juice, stirring just until combined. (Batter will be lumpy.)
- ☐ Dip pickles into batter, letting excess drip off.
- ☐ Fry pickles, in batches, 2 1/2 minutes or until golden brown.
- ☐ Drain on wire racks over paper towels, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.67, Glycemic Load:11.55, Inflammation Score:-4, Nutrition Score:7.4195652111717%

## Nutrients (% of daily need)

Calories: 215.92kcal (10.8%), Fat: 14.75g (22.7%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 18.71g (6.24%), Net Carbohydrates: 16.87g (6.14%), Sugar: 1.55g (1.73%), Cholesterol: 0mg (0%), Sodium: 1022.25mg (44.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin K: 45.13µg (42.98%), Vitamin B1: 0.22mg (14.67%), Folate: 47.79µg (11.95%), Manganese: 0.21mg (10.38%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.17mg (10.08%), Vitamin E: 1.4mg (9.31%), Fiber: 1.83g (7.33%), Iron: 1.29mg (7.16%), Vitamin B3: 1.39mg (6.93%), Vitamin A: 346.22IU (6.92%), Calcium: 67.28mg (6.73%), Potassium: 162.78mg (4.65%), Phosphorus: 43.69mg (4.37%), Magnesium: 13.81mg (3.45%), Copper: 0.07mg (3.29%), Vitamin B6: 0.06mg (3.21%), Vitamin C: 2.64mg (3.2%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.15mg (1.52%)