



Zucchini Fries with Chipotle Mayonnaise

READY IN



28 min.

SERVINGS



25

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chipotle chili in adobo sauce canned minced
- ☐ 2 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 2 teaspoons juice of lime
- ☐ 1 cup mayonnaise
- ☐ 1 cup panko bread crumbs
- ☐ 0.3 cup parmesan grated
- ☐ 1 teaspoon pepper

- ☐ 25 servings salt
- ☐ 25 servings vegetable oil for cooking
- ☐ 1 lb zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ tongs

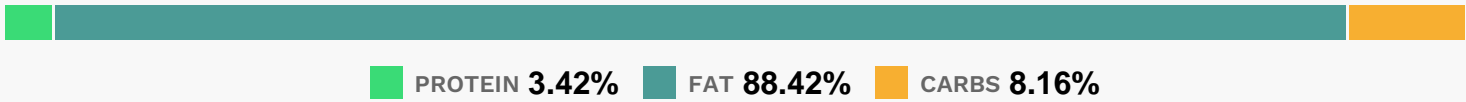
Directions

- ☐ In a bowl, mix mayonnaise, chipotle, adobo sauce and lime juice. Cover and chill.
- ☐ Trim ends from zucchini.
- ☐ Cut in half crosswise, then in half lengthwise.
- ☐ Cut each piece lengthwise into 4 sticks; trim away seeds. In a large ziplock bag, mix flour, 1 tsp. salt, pepper and Italian seasoning; seal bag and shake to mix.
- ☐ Add zucchini sticks and shake until zucchini is coated.
- ☐ Line a baking sheet with parchment. Put eggs in a shallow bowl; mix panko and Parmesan in a separate bowl. Working with a few at a time, shake excess flour mixture off zucchini. Dip zucchini into eggs, then into panko mixture, pressing to adhere.
- ☐ Lay pieces on lined sheet. Continue until all zucchini pieces are coated.
- ☐ Preheat oven to 250F; line a baking sheet with paper towels. Fill a large straight-sided skillet with oil to a depth of 1/2 inch. Warm over medium-high heat until a candy or deep-fry thermometer reads 350F. Working with a few pieces at a time, fry zucchini for 2 to 3 minutes, turning often with tongs, until golden and crispy. Do not crowd skillet.
- ☐ Transfer to baking sheet; sprinkle with additional salt, if desired. Keep warm in oven while you cook remaining zucchini. (Be sure to bring oil back to 350F before adding a new batch.)

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Serve with chipotle mayonnaise.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:4.3369564725005%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 217.95kcal (10.9%), Fat: 21.64g (33.3%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 4.06g (1.48%), Sugar: 0.71g (0.79%), Cholesterol: 19.55mg (6.52%), Sodium: 296.84mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin K: 41.96µg (39.96%), Vitamin E: 1.53mg (10.17%), Selenium: 3.23µg (4.62%), Manganese: 0.09mg (4.4%), Vitamin C: 3.37mg (4.08%), Vitamin B2: 0.06mg (3.77%), Vitamin B1: 0.05mg (3.62%), Folate: 14.16µg (3.54%), Phosphorus: 32.91mg (3.29%), Calcium: 28.22mg (2.82%), Iron: 0.45mg (2.48%), Vitamin B6: 0.04mg (2.18%), Vitamin B3: 0.4mg (2%), Potassium: 65.85mg (1.88%), Fiber: 0.43g (1.73%), Magnesium: 6.39mg (1.6%), Vitamin A: 76.13IU (1.52%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.22mg (1.44%), Copper: 0.03mg (1.31%), Vitamin B12: 0.07µg (1.18%)