

Fried Pickles

Julie Miltenberger

Family Circle Magazine - February 2013

Servings: 16

3 cups vegetable oil
3/4 cup cornmeal
1/3 cup all-purpose flour
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1/8 teaspoon salt
2/3 cup milk
1 large egg
1 jar (32 ounce) dill pickles
1/2 cup all-purpose flour
bottled ranch dressing

Preparation Time: 15 minutes

Heat the oil in a deep pot over medium heat until it registers 370 to 375 degrees on a deep-fat fry thermometer.

In a large resealable plastic bag, mix the cornmeal, 1/3 cup of the flour, the pepper, cayenne and salt.

In a medium bowl, whisk together the milk and egg.

Cut the pickles into spears (about eight per pickle). Blot dry on paper towels and toss in a bowl with 1/2 cup of the flour.

Dip eight to ten spears in the egg mixture, then add to the bag with the cornmeal mixture. Shake to coat the pickles. Spread the spears onto a rack and continue with all of the spears (in batches of eight to ten).

Fry one batch of pickles for 3 minutes until golden. Transfer to a paper towel and repeat with all of the batches, returning the oil to 375 degrees before adding each batch.

Serve with ranch dressing.

Per Serving (excluding unknown items): 420 Calories; 42g Fat (88.1% calories from fat); 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 78mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	420	Vitamin B6 (mg):	trace
% Calories from Fat:	88.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	10.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	42g	Folacin (mcg):	15mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	24g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	0
Cholesterol (mg):	15mg	% Daily Value:	0.0%
Carbohydrate (g):	11g		
Dietary Fiber (g):	1g		
Protein (g):	2g		
Sodium (mg):	78mg		
Potassium (mg):	43mg		
Calcium (mg):	16mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	150IU		
Vitamin A (r.e.):	20 1/2RE		

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	8 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 420 Calories from Fat: 370

% Daily Values*

Total Fat 42g	64%
Saturated Fat 5g	25%
Cholesterol 15mg	5%
Sodium 78mg	3%
Total Carbohydrates 11g	4%
Dietary Fiber 1g	3%
Protein 2g	
Vitamin A	3%
Vitamin C	0%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.