

Unfried Pickles

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cooking spray
1 jar (16 ounce) dill pickle slices,
drained
2 large eggs
1/2 cup all-purpose flour
1 tablespoon Worcestershire sauce
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon hot sauce
salt (to taste)
black pepper (to taste)
1 cup panko bread crumbs
1/2 cup Parmesan cheese, grated
ranch dressing (optional)

Spray a rack with cooking spray. Place the rack on a baking sheet. Place the sheet with the rack in the center of the oven. Preheat the oven to broil.

In a medium bowl, whisk the eggs, flour, Worcestershire, garlic powder, chili powder, hot sauce, salt and pepper.

In a large bowl, combine the bread crumbs and cheese.

Remove the heated rack and baking sheet from the oven.

One at a time, dip the pickles in the egg mixture to coat, allowing the excess to drip off.

Dip in the bread crumb mixture, pressing to help the crumbs adhere.

Lay the pickles in an even layer onto the prepared rack. Return the rack to the oven.

Broil for 3 to 4 minutes on each side.

Serve with ranch dressing, if desired.

Per Serving (excluding unknown items): 589 Calories; 23g Fat (35.7% calories from fat); 37g Protein; 56g Carbohydrate; 3g Dietary Fiber; 455mg Cholesterol; 1273mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	589	Vitamin B6 (mg):	.3mg
% Calories from Fat:	35.7%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	38.9%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	25.4%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	23g	Folacin (mcg):	150mcg
Saturated Fat (g):	11g	Niacin (mg):	4mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	455mg	% Refuse:	n n%
Carbohydrate (g):	56g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	3 1/2
Protein (g):	37g	Lean Meat:	4
Sodium (mg):	1273mg	Vegetable:	0
Potassium (mg):	457mg	Fruit:	0
Calcium (mg):	638mg	Non-Fat Milk:	0
Iron (mg):	6mg	Fat:	2
Zinc (mg):	3mg	Other Carbohydrates:	0
Vitamin C (mg):	33mg		
Vitamin A (i.u.):	1816IU		
Vitamin A (r.e.):	332 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 589 Calories from Fat: 210

% Daily Values*

Total Fat 23g	35%
Saturated Fat 11g	54%
Cholesterol 455mg	152%
Sodium 1273mg	53%
Total Carbohydrates 56g	19%
Dietary Fiber 3g	11%
Protein 37g	
Vitamin A	36%
Vitamin C	55%
Calcium	64%
Iron	36%

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