



Asparagus and Feta Fritters



Vegetarian



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 1 handful optional: dill chopped
- ☐ 1 eggs
- ☐ 0.5 cup feta crumbled
- ☐ 1 handful parsley chopped
- ☐ 2 green onions chopped
- ☐ 2 tablespoons oil
- ☐ 4 servings salt and pepper to taste

☐ 0.5 cup flour whole wheat (I like to use)

Equipment

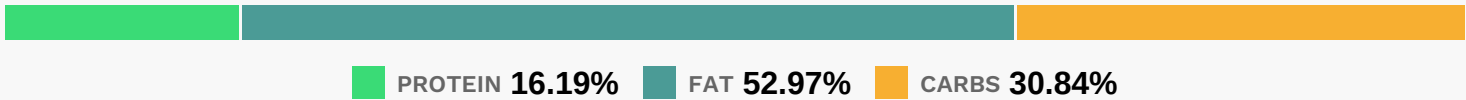
☐ food processor

☐ frying pan

Directions

- ☐ Grate or process the asparagus in a food processor.
- ☐ Mix the asparagus, herbs, green onions, feta, flour, egg, salt and pepper and enough flour that the mixture will hold together.
- ☐ Heat the oil in a pan.Spoon the asparagus mixture into the pan and cook until golden brown on both sides, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:18.09434783977%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg, Quercetin: 16.63mg

Nutrients (% of daily need)

Calories: 203.36kcal (10.17%), Fat: 12.61g (19.4%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 12.34g (4.49%), Sugar: 2.38g (2.65%), Cholesterol: 57.61mg (19.2%), Sodium: 427.4mg (18.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.35%), Vitamin K: 81.64µg (77.75%), Manganese: 0.81mg (40.62%), Selenium: 18.11µg (25.86%), Vitamin B2: 0.4mg (23.51%), Vitamin A: 1160.52IU (23.21%), Folate: 82.47µg (20.62%), Phosphorus: 200.45mg (20.04%), Iron: 3.45mg (19.17%), Vitamin E: 2.8mg (18.68%), Vitamin B1: 0.28mg (18.34%), Fiber: 4.18g (16.72%), Copper: 0.3mg (14.84%), Calcium: 137.25mg (13.73%), Vitamin B6: 0.27mg (13.37%), Zinc: 1.72mg (11.47%), Vitamin C: 9.02mg (10.93%), Magnesium: 43.15mg (10.79%), Vitamin B3: 2.1mg (10.48%), Potassium: 334.3mg (9.55%), Vitamin B5: 0.76mg (7.61%), Vitamin B12: 0.41µg (6.91%), Vitamin D: 0.29µg (1.97%)