



Autumn Fritto Misto

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound cauliflower cut into 1-inch florets
- 0.8 club soda cold
- 0.5 cremini mushrooms trimmed halved
- 1 large egg white
- 1 apples red cored cut into thin rounds or 1/2-inch-thick sticks
- 45 servings salt
- 0.5 sparkling white wine such as prosecco cold
- 45 servings vegetable oil for frying

- 1 medium zucchini cut into 1/2-inch-thick sticks

Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- whisk
- slotted spoon
- steamer basket

Directions

- Set a steamer basket over 1/2 inch of water in a medium saucepan. Cover and bring the water to a boil.
- Add the cauliflower, cover and steam over moderately high heat until crisp-tender, about 1 minute.
- Transfer the cauliflower to a plate and pat dry.
- In a large saucepan, heat 2 inches of vegetable oil to 40
- Line a large rimmed baking sheet with paper towels. In a large bowl, whisk the flour with 1 teaspoon of salt.
- Add the club soda and sparkling wine and whisk until the batter is smooth. In a medium stainless steel bowl, beat the egg white until firm peaks form. Fold the egg white into the batter.
- Working in batches, dip the cauliflower, zucchini, mushrooms and apple in the batter, letting any excess batter drip back into the bowl; add to the hot oil and fry, turning once, until golden brown, about 2 minutes per batch. Using a slotted spoon, transfer the fritto misto to the paper towels and season with salt.
- Serve right away.

Nutrition Facts



■ PROTEIN 4.25% ■ FAT 78.33% ■ CARBS 17.42%

Properties

Glycemic Index:2.09, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.3213043450175%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 37.38kcal (1.87%), Fat: 2.85g (4.39%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.81g (0.9%), Cholesterol: 0mg (0%), Sodium: 198.85mg (8.65%), Alcohol: 0.86g (100%), Alcohol %: 2.57% (100%), Protein: 0.35g (0.7%), Vitamin C: 5.82mg (7.06%), Vitamin K: 7.02µg (6.69%), Manganese: 0.04mg (1.77%), Folate: 7.08µg (1.77%), Vitamin E: 0.25mg (1.66%), Vitamin B6: 0.03mg (1.59%), Potassium: 53.98mg (1.54%), Fiber: 0.34g (1.37%)