



Black-Eyed Pea Fritters with Hot Pepper Relish

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup pea-mond dressing dried
- 1 large eggs
- 1 tablespoon scotch bonnet peppers fresh minced
- 1 medium onion chopped
- 2 plum tomatoes chopped
- 1.5 lb bell pepper red chopped
- 1.5 teaspoons salt
- 0.3 cup vegetable oil

3 tablespoons water

Equipment

food processor

frying pan

paper towels

pot

kitchen thermometer

colander

Directions

Put peas in water to cover by 2 inches and soak 8 hours.

Drain in a colander.

Purée bell peppers, onion, tomatoes, chile, and salt in 2 batches in a food processor.

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then stir in purée (use caution as it will splatter). Reduce heat and simmer, stirring occasionally, until most of liquid is evaporated, 8 to 10 minutes. Cool to room temperature.

Purée peas, onion, and chile in food processor until as smooth as possible, then blend in egg and salt. With motor running, add 3 tablespoons water and blend until smooth and fluffy (add remaining tablespoon water if necessary to form a batter just thin enough to drop from a spoon).

Heat oil in a 4-quart heavy pot (preferably cast-iron) until thermometer registers 360°F. Working in batches of 8, gently drop tablespoons of batter into hot oil, using a small spoon to scrape batter from tablespoon. Fry, stirring constantly (to prevent fritters from browning too quickly), until golden, about 2 minutes, then transfer to paper towels to drain. Return oil to 360°F between batches.

Nutrition Facts


PROTEIN 10.98% **FAT 53.52%** **CARBS 35.5%**

Properties

Glycemic Index:5.08, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:3.5099999885196%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 27.83kcal (1.39%), Fat: 1.74g (2.68%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.2g (1.33%), Cholesterol: 5.17mg (1.72%), Sodium: 100.21mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Vitamin C: 25.5mg (30.91%), Vitamin A: 632.63IU (12.65%), Folate: 20.48µg (5.12%), Vitamin K: 4.14µg (3.94%), Vitamin B6: 0.07mg (3.53%), Fiber: 0.81g (3.23%), Vitamin E: 0.47mg (3.15%), Manganese: 0.05mg (2.66%), Potassium: 69.04mg (1.97%), Phosphorus: 17.01mg (1.7%), Vitamin B2: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.56%), Magnesium: 5.76mg (1.44%), Iron: 0.25mg (1.37%), Vitamin B3: 0.24mg (1.19%), Vitamin B5: 0.11mg (1.08%), Copper: 0.02mg (1.05%)