



Broccoli-Cauliflower Fritters



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound broccoli florets fresh
- ☐ 0.5 pound cauliflower florets fresh
- ☐ 2 eggs lightly beaten
- ☐ 1 small onion diced
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup self-rising flour
- ☐ 8 servings vegetable oil

☐ 2 cups water boiling

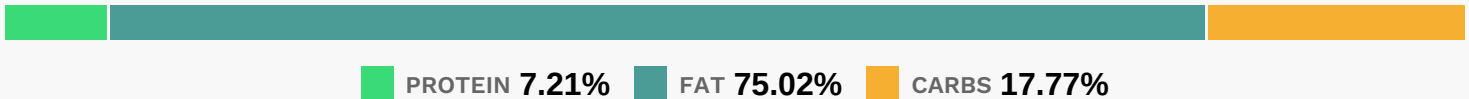
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ wire rack
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Cook florets in 2 cups boiling water in a Dutch oven over medium heat 10 to 12 minutes or until very tender; drain.
- ☐ Mash florets with a fork or potato masher in a large bowl. Stir in eggs and next 4 ingredients.
- ☐ Pour oil to a depth of 1/4 inch into a large skillet; heat to 35
- ☐ Drop broccoli mixture by tablespoonfuls into hot oil; cook, in batches, 1 to 2 minutes on each side or until lightly browned.
- ☐ Remove to a wire rack on a baking sheet; keep warm.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:4.52, Inflammation Score:-5, Nutrition Score:10.827826152677%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg,

Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 234.99kcal (11.75%), Fat: 20.27g (31.19%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.51g (3.09%), Sugar: 1.73g (1.92%), Cholesterol: 40.92mg (13.64%), Sodium: 182.29mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin K: 59.39µg (56.56%), Vitamin C: 39.67mg (48.09%), Manganese: 0.49mg (24.33%), Folate: 44.93µg (11.23%), Selenium: 7.66µg (10.94%), Vitamin E: 1.63mg (10.89%), Fiber: 2.29g (9.18%), Phosphorus: 81.95mg (8.2%), Vitamin B6: 0.15mg (7.41%), Copper: 0.14mg (7.09%), Vitamin B2: 0.12mg (6.84%), Potassium: 238.08mg (6.8%), Vitamin B1: 0.09mg (6.26%), Vitamin B5: 0.62mg (6.24%), Magnesium: 23.19mg (5.8%), Zinc: 0.73mg (4.87%), Vitamin A: 240.16IU (4.8%), Iron: 0.78mg (4.35%), Calcium: 35.54mg (3.55%), Vitamin B3: 0.5mg (2.51%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)