



Cauliflower Fritters



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 6 cups cauliflower florets
- ☐ 3 extra large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup olive oil for frying or as needed
- ☐ 0.7 ounce salad dressing mix dry italian-style

Equipment

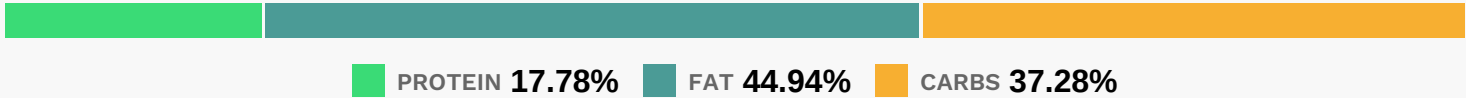
- ☐ food processor

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Process cauliflower in a food processor finely minced; transfer to a large bowl.
- ☐ Stir flour, eggs, baking powder, and Italian dressing mix into cauliflower.
- ☐ Heat enough olive oil to cover the bottom of a frying pan over medium heat.
- ☐ Drop heaping tablespoons of cauliflower mixture into the hot oil; fry until golden brown, about 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:6.87, Inflammation Score:-4, Nutrition Score:11.35999998839%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 143.07kcal (7.15%), Fat: 7.34g (11.3%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 11.42g (4.15%), Sugar: 2.4g (2.67%), Cholesterol: 104.16mg (34.72%), Sodium: 173.55mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin C: 48.21mg (58.44%), Folate: 89.22µg (22.31%), Vitamin K: 19.63µg (18.7%), Selenium: 12.79µg (18.28%), Vitamin B2: 0.24mg (14.08%), Phosphorus: 125.79mg (12.58%), Vitamin B6: 0.24mg (11.92%), Manganese: 0.23mg (11.75%), Vitamin B5: 1.14mg (11.42%), Potassium: 351.73mg (10.05%), Vitamin B1: 0.14mg (9.58%), Fiber: 2.28g (9.13%), Iron: 1.5mg (8.31%), Calcium: 78.88mg (7.89%), Vitamin E: 0.97mg (6.47%), Vitamin B3: 1.15mg (5.74%), Magnesium: 21mg (5.25%), Zinc: 0.71mg (4.71%), Vitamin B12: 0.25µg (4.15%), Copper: 0.07mg (3.74%), Vitamin D: 0.56µg (3.73%), Vitamin A: 152.39IU (3.05%)