



Cauliflower Fritters

READY IN



45 min.

SERVINGS



40

CALORIES



19 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.8 pounds cauliflower cut into short 1/2-inch-wide florets
- ☐ 1 tablespoon chervil fresh chopped
- ☐ 40 servings chives fresh chopped
- ☐ 1 teaspoon coriander seeds
- ☐ 0.3 cup crème fraîche
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 pinch nutmeg freshly grated
- ☐ 1 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 2 ounces salmon smoked thinly sliced

Equipment

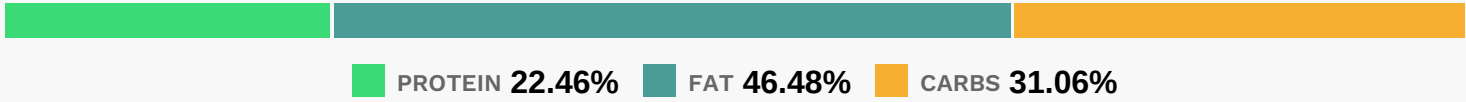
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Cook cauliflower with coriander seeds in a 4- to 5-quart pot of simmering salted water, uncovered, until tender, 9 to 11 minutes.
- ☐ Transfer cauliflower with a slotted spoon to a bowl of ice and cold water to stop cooking.
- ☐ Drain well in a colander, then discard any seeds clinging to cauliflower and pat cauliflower dry.
- ☐ Lightly mash half of florets in a bowl with a fork and gently stir in remaining florets.
- ☐ Whisk together eggs, flour, chervil (if using), parsley, mint, chives, salt, pepper, and nutmeg in a large bowl until combined, then stir in all of cauliflower.
- ☐ Heat 1/2 tablespoon oil in a 10-inch heavy nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 6, drop rounded teaspoons of cauliflower mixture into skillet, patting each lightly with back of spoon to flatten into a 1 1/2- to 2-inch round. Fry, turning over once, until golden and cooked through, about 2 minutes per batch, and transfer to platters.
- ☐ Add more oil to skillet between batches as needed.
- ☐ Top each fritter with a piece of salmon and 1/4 teaspoon crème fraîche.

- ☐ Serve warm.
- ☐ *Available at specialty foods shops and some supermarkets
- ☐ ·Cauliflower can be cooked and mashed (without egg mixture) 1 day ahead and chilled, covered. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:2.3230434915294%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 18.54kcal (0.93%), Fat: 1.02g (1.57%), Saturated Fat: 0.32g (2%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.47g (0.52%), Cholesterol: 10.47mg (3.49%), Sodium: 79.47mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin C: 10.45mg (12.67%), Vitamin K: 7.26µg (6.91%), Folate: 15.07µg (3.77%), Vitamin B6: 0.05mg (2.42%), Selenium: 1.59µg (2.27%), Manganese: 0.05mg (2.27%), Potassium: 78.66mg (2.25%), Fiber: 0.49g (1.96%), Vitamin D: 0.29µg (1.95%), Vitamin B5: 0.19mg (1.94%), Phosphorus: 19.11mg (1.91%), Vitamin B2: 0.03mg (1.87%), Vitamin A: 91.59IU (1.83%), Iron: 0.24mg (1.33%), Magnesium: 4.74mg (1.19%), Vitamin B12: 0.07µg (1.19%), Calcium: 11.01mg (1.1%), Vitamin B1: 0.02mg (1.08%), Vitamin B3: 0.21mg (1.06%)