



Cauliflower-Parmesan Fritters

READY IN



40 min.

SERVINGS



20

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 20 servings canola oil for frying
- ☐ 10 oz cauliflower florets
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 cloves garlic

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 20 servings lemon wedges for serving
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup parmesan grated
- ☐ 20 servings salt and pepper

Equipment

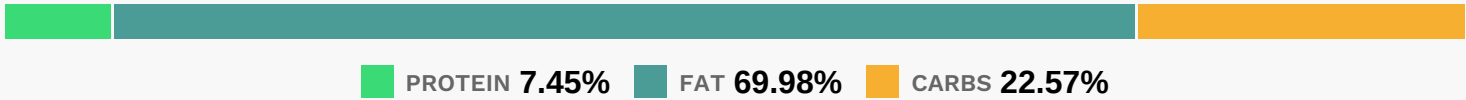
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Pulse garlic in food processor until finely chopped.
- ☐ Add mayonnaise, zest and juice and process until smooth.
- ☐ Transfer to a bowl, cover and refrigerate until ready to use. (Makes about 1 cup.)
- ☐ Bring a pot of salted water to a boil. Have a large bowl of ice water ready.
- ☐ Add cauliflower to pot; cook until tender, about 3 minutes. Use a slotted spoon to transfer to ice water.
- ☐ Drain.
- ☐ Preheat oven to 200F; place a baking sheet in oven. Fill a pot with 2 inches of oil; warm over medium-high heat until it reaches 350F on a deep-fry thermometer, 10 to 12 minutes. As the oil is heating, in a bowl, whisk flour, baking soda, baking powder, Parmesan, 3/4 tsp. salt and 1/4 tsp. pepper. In a small bowl, whisk egg, buttermilk and parsley. Stir into flour mixture. Fold

- in cauliflower.
- ☐ Using a spoon, drop coated cauliflower into oil and fry in batches, flipping halfway through, until golden brown, 2 to 3 minutes per batch.
 - ☐ Transfer to a paper towel-lined plate, then to sheet in oven. Return oil to 350F; repeat with remaining cauliflower.
 - ☐ Serve with sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:19.73, Glycemic Load:5.7, Inflammation Score:-3, Nutrition Score:5.4056521239488%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 161.39kcal (8.07%), Fat: 12.61g (19.39%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.53g (3.1%), Sugar: 1.05g (1.17%), Cholesterol: 17.02mg (5.67%), Sodium: 385.27mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin K: 34.87µg (33.21%), Vitamin C: 9.26mg (11.22%), Selenium: 5.39µg (7.7%), Folate: 29.33µg (7.33%), Calcium: 70.57mg (7.06%), Vitamin E: 0.92mg (6.16%), Vitamin B1: 0.09mg (6.14%), Phosphorus: 59.43mg (5.94%), Vitamin B2: 0.1mg (5.84%), Manganese: 0.1mg (5.03%), Iron: 0.69mg (3.81%), Vitamin B3: 0.66mg (3.31%), Vitamin B5: 0.26mg (2.61%), Vitamin B6: 0.05mg (2.59%), Potassium: 86.35mg (2.47%), Fiber: 0.62g (2.47%), Vitamin A: 123.7IU (2.47%), Vitamin B12: 0.12µg (2.01%), Magnesium: 7.7mg (1.92%), Zinc: 0.28mg (1.9%), Vitamin D: 0.24µg (1.61%), Copper: 0.03mg (1.53%)