



Cheddar Rice Fritters

 Vegetarian

READY IN



1500 min.

SERVINGS



10

CALORIES



493 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 10 servings sriracha
- ☐ 1.5 cups breadcrumbs plain dry fine
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 teaspoons salt
- ☐ 3 spring onion finely chopped
- ☐ 1.5 cups sharp cheddar cheese grated
- ☐ 2 tablespoons butter unsalted softened

- ☐ 6 cups vegetable oil
- ☐ 1 cup water
- ☐ 7 ounces rice long-grain white
- ☐ 1 cup milk whole

Equipment

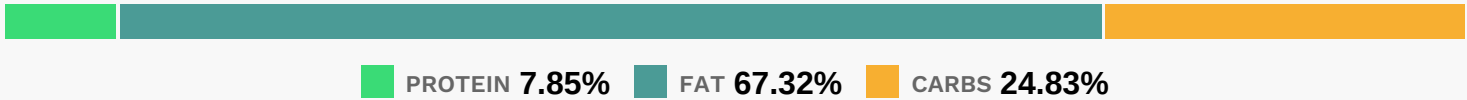
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Bring water and milk to a full boil in a 2- to 2 1/2-quart heavy saucepan. Stir in rice, then cover with a tight-fitting lid and reduce heat to low. Cook rice, undisturbed, until liquid is absorbed and rice is tender, about 15 minutes.
- ☐ Remove from heat and let stand, covered, 5 minutes. Fluff rice with a fork, then transfer to a large bowl and stir in cheese, butter, scallions, 3/4 teaspoon salt, and 1/4 teaspoon pepper until cheese is melted. Cool, stirring occasionally, 15 minutes, then stir in eggs until combined well. Stir together bread crumbs and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper in another large bowl.
- ☐ Working in small batches, drop rounded tablespoonfuls of rice mixture into bread crumbs, rolling to coat and knocking off excess, then transfer to a tray.
- ☐ Heat 1 1/2 inches oil in a 4-quart heavy pot over moderately high heat until it registers 365°F on thermometer, then fry fritters in 4 batches, stirring occasionally, until golden, about 3 minutes per batch.
- ☐ Transfer with a slotted spoon to paper towels to drain. Return oil to 365°F between batches.

·Rice and cheese mixture can be made 1 day ahead and chilled, uncovered, until completely cooled, and then covered.·Fritters can be fried 4 hours ahead and chilled, uncovered, until cooled completely, then covered. Reheat 1 inch apart in a large shallow baking pan, uncovered, in a 325°F oven until hot, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.02, Glycemic Load:10.16, Inflammation Score:-5, Nutrition Score:11.204347789288%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 493.05kcal (24.65%), Fat: 36.93g (56.81%), Saturated Fat: 9.68g (60.51%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 29.33g (10.67%), Sugar: 3.25g (3.61%), Cholesterol: 63.1mg (21.03%), Sodium: 792.32mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.37%), Vitamin K: 57.52µg (54.78%), Selenium: 15.46µg (22.09%), Calcium: 195.25mg (19.52%), Manganese: 0.39mg (19.48%), Phosphorus: 173.79mg (17.38%), Vitamin E: 2.5mg (16.7%), Vitamin B2: 0.23mg (13.71%), Vitamin B1: 0.2mg (13.02%), Zinc: 1.32mg (8.82%), Vitamin B12: 0.46µg (7.7%), Vitamin A: 369.78IU (7.4%), Folate: 29.59µg (7.4%), Vitamin B3: 1.46mg (7.28%), Iron: 1.21mg (6.75%), Vitamin B5: 0.61mg (6.12%), Magnesium: 21.82mg (5.46%), Copper: 0.11mg (5.34%), Fiber: 1.31g (5.23%), Vitamin B6: 0.1mg (4.91%), Vitamin D: 0.61µg (4.08%), Potassium: 130.02mg (3.71%)