



Cheese Fritters

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 3 tablespoons confectioners' sugar
- ☐ 1 cup curd cottage cheese drained
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.3 cup half-and-half
- ☐ 0.3 teaspoon salt

- ☐ 4 cups vegetable oil for frying
- ☐ 2 tablespoons sugar white

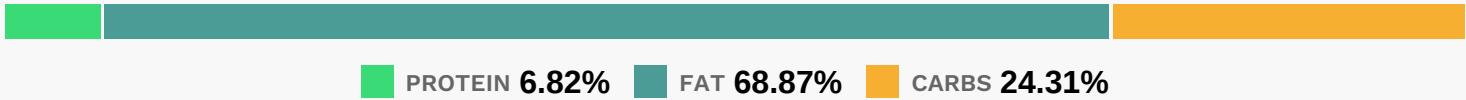
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ In a medium bowl, beat the cottage cheese and egg together. Stir in the half-and-half, flour, baking powder, salt, sugar and nutmeg.
- ☐ Mix until just combined.
- ☐ Fill a deep pot to the 2-inch mark with oil.
- ☐ Heat to 375 degrees F (190 degrees C). Drop batter by rounded tablespoons into the hot oil. Fry until golden brown on all sides, about 3 to 4 minutes.
- ☐ Drain on paper towels and sprinkle with confectioners' sugar.
- ☐ Serve hot!

Nutrition Facts



Properties

Glycemic Index:33.41, Glycemic Load:8.98, Inflammation Score:-3, Nutrition Score:5.1039130146737%

Nutrients (% of daily need)

Calories: 254.46kcal (12.72%), Fat: 19.66g (30.25%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 15.24g (5.54%), Sugar: 5.66g (6.29%), Cholesterol: 22.06mg (7.35%), Sodium: 208.78mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin K: 32.2µg (30.67%), Selenium: 7.85µg (11.22%), Vitamin E: 1.51mg (10.08%), Phosphorus: 77.11mg (7.71%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.11mg (7.2%), Calcium: 69.83mg (6.98%), Folate: 27.8µg (6.95%), Manganese: 0.09mg (4.66%), Iron: 0.76mg (4.25%), Vitamin B3: 0.77mg (3.86%), Vitamin B5: 0.26mg (2.57%), Vitamin B12: 0.14µg (2.35%), Zinc: 0.26mg (1.71%), Magnesium: 6.12mg (1.53%), Fiber: 0.38g (1.52%), Copper: 0.03mg (1.52%), Vitamin A: 74.78IU (1.5%), Potassium: 50.22mg (1.43%), Vitamin B6: 0.03mg (1.3%)