



Chipotle Squash Fritters



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups squash such as butternut grated
- ☐ 1 chipotle in adobo chopped
- ☐ 1 handful cilantro leaves chopped
- ☐ 0.5 teaspoon cumin toasted (and ground)
- ☐ 1 eggs
- ☐ 0.5 cup flour whole wheat
- ☐ 1 green onion sliced
- ☐ 2 tablespoons oil

☐ 4 servings salt and pepper to taste

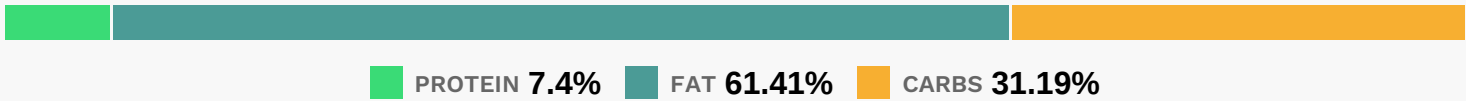
Equipment

☐ frying pan

Directions

- ☐ Mix the squash, chipotle in adobo, green onion, cilantro, cumin, salt and pepper, egg, and enough flour to hold everything together flour.
- ☐ Heat the oil in a pan.Spoon the mixture into the pan and cook until golden brown on both sides, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:10.435652152352%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 114.19kcal (5.71%), Fat: 8.18g (12.59%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 7.44g (2.71%), Sugar: 1.92g (2.13%), Cholesterol: 40.92mg (13.64%), Sodium: 213.61mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin A: 7601.15IU (152.02%), Vitamin C: 15.55mg (18.85%), Vitamin E: 2.4mg (15.99%), Vitamin K: 15.12µg (14.4%), Manganese: 0.16mg (8.16%), Potassium: 279.71mg (7.99%), Fiber: 1.91g (7.64%), Magnesium: 26.93mg (6.73%), Folate: 26.86µg (6.72%), Vitamin B6: 0.13mg (6.55%), Iron: 1.01mg (5.6%), Selenium: 3.81µg (5.44%), Vitamin B1: 0.08mg (5.28%), Phosphorus: 47.85mg (4.79%), Vitamin B5: 0.46mg (4.57%), Calcium: 45.06mg (4.51%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.07mg (4.1%), Copper: 0.07mg (3.28%), Zinc: 0.28mg (1.85%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)