



Crisp Cauliflower Fritters

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 10 ounce steam-in-bag cauliflower florets fresh
- ☐ 2 large eggs lightly beaten
- ☐ 2 teaspoons garlic fresh minced
- ☐ 2 tablespoons green onions minced
- ☐ 0.8 cup hash brown potatoes shredded refrigerated
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated

- ☐ 2 tablespoons canola mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup prechopped onion
- ☐ 0.3 cup greek yogurt plain 2%
- ☐ 0.5 cup cheddar cheese shredded white
- ☐ 2 tablespoons flour whole-wheat

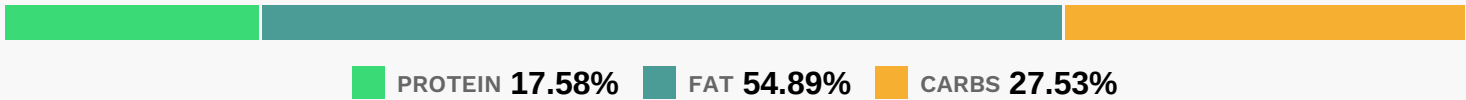
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato masher

Directions

- ☐ Prepare cauliflower according to directions.
- ☐ Place in a bowl; mash with a potato masher. Stir in onion, flour, garlic, 1/2 teaspoon salt, pepper, rind, potatoes, cheese, and eggs. Form into 8 patties.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl. Cook patties 4 minutes on each side.
- ☐ Combine 1/8 teaspoon salt, yogurt, and remaining ingredients; serve sauce with fritters.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:3.41, Inflammation Score:-5, Nutrition Score:13.597826180251%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Isorhamnetin: 1mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 240.62kcal (12.03%), Fat: 15.04g (23.14%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.1g (5.13%), Sugar: 2.96g (3.29%), Cholesterol: 110.69mg (36.9%), Sodium: 571.84mg (24.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.67%), Vitamin C: 41.03mg (49.73%), Vitamin K: 30.8µg (29.34%), Selenium: 16.12µg (23.04%), Phosphorus: 204.66mg (20.47%), Manganese: 0.41mg (20.43%), Folate: 65.78µg (16.44%), Vitamin B2: 0.28mg (16.3%), Calcium: 160.16mg (16.02%), Vitamin B6: 0.29mg (14.31%), Potassium: 450.93mg (12.88%), Vitamin B5: 1.16mg (11.59%), Fiber: 2.88g (11.51%), Zinc: 1.35mg (9.01%), Vitamin B1: 0.12mg (8.24%), Iron: 1.45mg (8.04%), Magnesium: 31.6mg (7.9%), Vitamin B12: 0.47µg (7.8%), Vitamin E: 1mg (6.65%), Vitamin B3: 1.3mg (6.48%), Copper: 0.13mg (6.3%), Vitamin A: 313.92IU (6.28%), Vitamin D: 0.6µg (3.99%)