



Crispy Broccoli-Carrot Fritters with Yogurt-Dill Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby carrots
- ☐ 2 cups broccoli florets
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup yogurt plain low-fat

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water

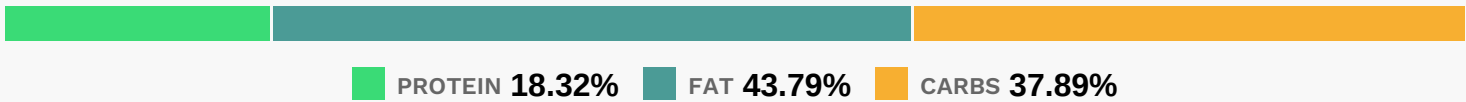
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ measuring cup

Directions

- ☐ Place 4 cups water, broccoli, and carrots in a small saucepan; bring to a boil. Cook 4 minutes; drain. Pat broccoli mixture dry with paper towels; finely chop.
- ☐ Place broccoli mixture and flour in a large bowl; stir to coat.
- ☐ Add cheese, salt, pepper, onions, and egg to broccoli mixture; stir to combine.
- ☐ Heat a large nonstick skillet over medium–high heat.
- ☐ Add oil to pan; swirl to coat. Spoon 1/4 cup broccoli mixture into a dry measuring cup.
- ☐ Pour mixture into pan; flatten slightly. Repeat procedure 7 times to form 8 fritters. Cook 4 minutes on each side or until golden brown.
- ☐ Combine yogurt and dill in a small bowl.
- ☐ Serve yogurt mixture with fritters.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:20.030000064684%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 236.69kcal (11.83%), Fat: 11.68g (17.96%), Saturated Fat: 3.42g (21.4%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 20.02g (7.28%), Sugar: 6.91g (7.68%), Cholesterol: 55.84mg (18.61%), Sodium: 538.08mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin A: 4949.77IU (99%), Vitamin K: 66.45µg (63.29%), Vitamin C: 43.13mg (52.27%), Calcium: 263.59mg (26.36%), Phosphorus: 229.08mg (22.91%), Vitamin B2: 0.36mg (21.37%), Folate: 83.08µg (20.77%), Selenium: 14.5µg (20.71%), Vitamin B1: 0.2mg (13.55%), Manganese: 0.27mg (13.51%), Potassium: 422.9mg (12.08%), Fiber: 2.71g (10.83%), Vitamin E: 1.59mg (10.61%), Vitamin B5: 1.05mg (10.54%), Iron: 1.82mg (10.09%), Vitamin B12: 0.55µg (9.24%), Vitamin B6: 0.18mg (9.21%), Zinc: 1.34mg (8.9%), Magnesium: 35.47mg (8.87%), Vitamin B3: 1.53mg (7.65%), Copper: 0.14mg (6.99%), Vitamin D: 0.29µg (1.94%)