



Crispy Eggplant Fritters with Smoked Mozzarella

READY IN



45 min.

SERVINGS



20

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons all purpose flour
- ☐ 1.3 cups breadcrumbs plain dry divided
- ☐ 2 large eggplants (2 pounds total)
- ☐ 2 large eggs
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 4 ounces mozzarella cheese smoked cut into 1/2-inch cubes (20 cubes)
- ☐ 20 servings olive oil (for brushing and frying)

- ☐ 0.8 cup parmesan cheese finely grated
- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 1.3 teaspoons salt divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

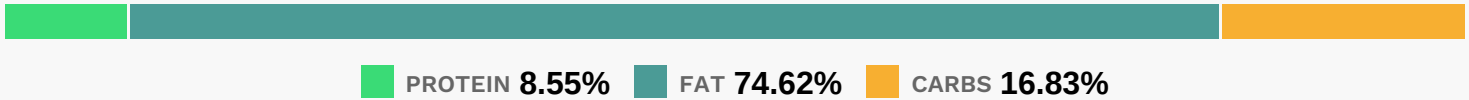
- ☐ Preheat oven to 350°F.
- ☐ Cut eggplants crosswise into 1/2-inch-thick slices.
- ☐ Place on layers of paper towels.
- ☐ Sprinkle with 1 teaspoon salt; let stand 30 minutes.
- ☐ Brush 2 large baking sheets with oil. Pat eggplant dry; arrange in single layer on prepared sheets.
- ☐ Brush lightly with oil.
- ☐ Bake until eggplant is tender and dry, about 1 hour. Cool slightly; chop coarsely.
- ☐ Whisk 1 egg, grated Parmesan cheese, 1/4 cup breadcrumbs, parsley, thyme, 1/4 teaspoon pepper, and 1/4 teaspoon salt in medium bowl. Stir in chopped eggplant (mixture will be soft).
- ☐ Spread 1 cup breadcrumbs on plate.
- ☐ Whisk 1 egg and flour in another bowl. Press and shape eggplant mixture into 1 1/4 -inch-diameter balls. Press 1 piece smoked mozzarella into center of each ball, making sure eggplant mixture covers cheese. Dip balls, 1 at a time, into egg batter; roll in breadcrumbs to coat.
- ☐ Pour enough oil into large skillet to reach depth of 1/4 inch; heat over medium-high heat. Working in batches, add balls to skillet; sauté until browned, turning often, about 4 minutes.

Using slotted spoon, transfer to paper towels to drain.

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Sprinkle with salt and serve.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:5.9313043692838%

Flavonoids

Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg, Delphinidin: 39.25mg Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg, Apigenin: 1.64mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 204.55kcal (10.23%), Fat: 17.25g (26.54%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 6.98g (2.54%), Sugar: 2.12g (2.36%), Cholesterol: 26.34mg (8.78%), Sodium: 304.69mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin K: 23.03µg (21.93%), Vitamin E: 2.25mg (14.98%), Manganese: 0.19mg (9.46%), Calcium: 83.94mg (8.39%), Selenium: 5.84µg (8.35%), Phosphorus: 77.33mg (7.73%), Fiber: 1.77g (7.09%), Vitamin B1: 0.09mg (6.21%), Vitamin B2: 0.1mg (5.95%), Folate: 22.6µg (5.65%), Iron: 0.78mg (4.31%), Vitamin B12: 0.25µg (4.13%), Potassium: 143.61mg (4.1%), Vitamin B3: 0.81mg (4.04%), Zinc: 0.58mg (3.88%), Vitamin A: 188.25IU (3.76%), Magnesium: 13.47mg (3.37%), Copper: 0.06mg (3.22%), Vitamin B6: 0.06mg (3.12%), Vitamin C: 2.57mg (3.11%), Vitamin B5: 0.27mg (2.7%)