

food
network



HEALTH SCORE

56%

Deep-Fried Cauliflower: Cavolofiore Fritto in Pastella



Vegetarian



Dairy Free

READY IN



155 min.

SERVINGS



4

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.8 pounds cauliflower florets



1 eggs



1 cup flour



2 tablespoons olive oil extra-virgin



4 servings salt and pepper



2 tablespoons white wine



1 teaspoon yeast

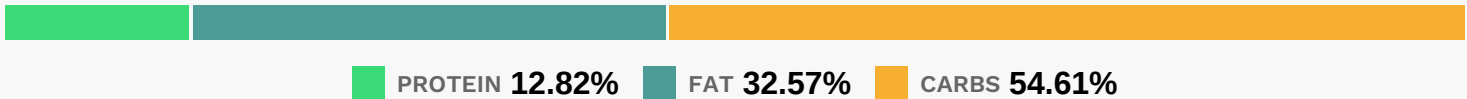
Equipment

- ☐ paper towels
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Dissolve the yeast in the wine, then, in a large mixing bowl, combine it with the egg, flour,yolk, 2 tablespoons oil, and salt and pepper.
- ☐ Let the batter rest for 2 hours. Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the cauliflower in the boiling water until tender yet al dente, about 8 minutes.
- ☐ Drain, refresh in an ice bath, then drain and pat dry with paper towels. Set aside.
- ☐ Place the liter of oil in a heavy-bottomed pot with tall sides and heat to 375 degrees F. Dip the cauliflower into the batter, letting the excess drip off, and fry the battered pieces in the hot oil until golden brown. Work in batches to avoid lowering the temperature of the oil.
- ☐ Sprinkle the pieces with salt as soon as they are removed from the oil, let drain on paper towels, and serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:19.17, Inflammation Score:-7, Nutrition Score:19.091739120691%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 248.41kcal (12.42%), Fat: 9.11g (14.02%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 29.36g (10.68%), Sugar: 3.97g (4.41%), Cholesterol: 48.6mg (16.2%), Sodium: 257.02mg (11.17%), Alcohol: 0.77g (100%), Alcohol %: 0.39% (100%), Protein: 8.07g (16.15%), Vitamin C: 95.65mg (115.94%), Folate: 195.15µg (48.79%), Vitamin K: 35.13µg (33.46%), Vitamin B1: 0.44mg (29.23%), Manganese: 0.53mg (26.74%), Selenium: 14.37µg (20.53%), Vitamin B6: 0.41mg (20.5%), Fiber: 5.02g (20.09%), Vitamin B2: 0.33mg (19.38%), Potassium: 644.56mg (18.42%), Vitamin B5: 1.7mg (17.03%), Vitamin B3: 3.17mg (15.86%), Phosphorus: 144.92mg (14.49%), Iron: 2.48mg (13.8%), Magnesium: 38.04mg (9.51%), Vitamin E: 1.3mg (8.68%), Copper: 0.13mg (6.49%), Zinc: 0.93mg (6.2%), Calcium: 55.25mg (5.52%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.47%), Vitamin A: 64.89IU (1.3%)