



Eggplant Fritters



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



100

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bell pepper minced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 medium eggplant peeled
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 green onions chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

- ☐ 100 servings vegetable oil
- ☐ 2 bread white cubed toasted

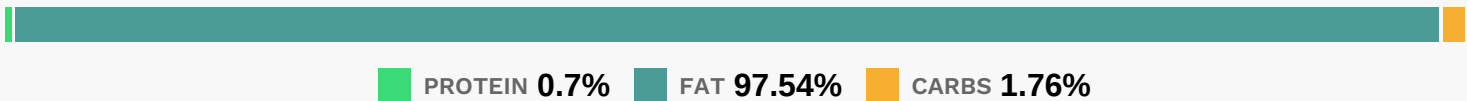
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Chop eggplant into bite-size pieces. Drop eggplant into a large pot of water as you chop to keep it from discoloring.
- ☐ Add extra water to cover, if necessary. Bring to a boil, and cook 10 minutes or until tender; drain and cool.
- ☐ Saut onions and bell pepper in 2 teaspoons hot vegetable oil in a skillet over medium-high heat 5 minutes or until tender; set aside.
- ☐ Pulse bread in a food processor 3 to 4 times or until finely crumbled to equal 3/4 cup; remove and set aside.
- ☐ Pulse eggplant, salt, garlic powder, and ground pepper in food processor 3 times or until blended.
- ☐ Stir together eggplant puree, breadcrumbs, vegetables, and eggs until combined; chill 30 minutes.
- ☐ Pour oil to a depth of 1 inch into a large skillet; heat to 35
- ☐ Drop eggplant mixture by heaping tablespoonfuls, in batches, into hot oil; fry 2 minutes on each side or until browned.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.8052173924187%

Flavonoids

Delphinidin: 3.92mg, Delphinidin: 3.92mg, Delphinidin: 3.92mg, Delphinidin: 3.92mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 128.72kcal (6.44%), Fat: 14.21g (21.87%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.22g (0.24%), Cholesterol: 3.72mg (1.24%), Sodium: 15.59mg (0.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 26.61µg (25.34%), Vitamin E: 1.19mg (7.91%)