



WHATSheATE



Eggplant Fritters with Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 pounds eggplant
- ☐ 2 cups milk
- ☐ 4 servings runny honey
- ☐ 4 servings salt
- ☐ 4 servings unrefined sunflower oil for deep-frying

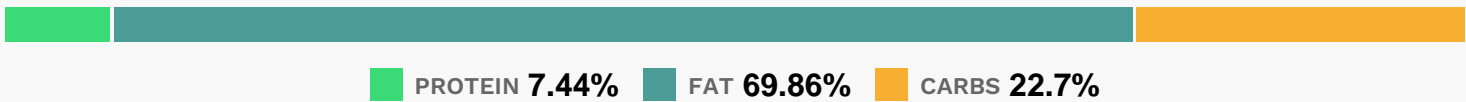
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Peel the eggplants and cut them into slices about 1/3 inchthick.
- ☐ Put them in a bowl, add enough milk to cover, andput a small plate on top to hold them down.
- ☐ Let soak for1 to 2 hours; drain.
- ☐ Cover a plate with plenty of flour mixed with a sprinklingof salt. Working in batches, turn the eggplant slicesin this so that they are entirely covered with flour, thenshake them to remove the excess. Deep-fry in sizzling butnot too hot oil, turning the slices over as soon as the firstside is brown.
- ☐ Drain on paper towels.
- ☐ Serve hot with a dribble of honey, and let people helpthemselves to more honey if they like.
- ☐ Variation
- ☐ In Córdoba, I had the eggplant slices dipped in batter. Thecoating was crisp, the eggplant was moist, and they wereserved with molasses.
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- ☐ Collins
- ☐ Publishers

Nutrition Facts



Properties

Glycemic Index:30.07, Glycemic Load:5.42, Inflammation Score:-3, Nutrition Score:6.6230434930843%

Flavonoids

Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.33kcal (11.27%), Fat: 17.95g (27.62%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.27g (4.46%), Sugar: 12.62g (14.02%), Cholesterol: 14.64mg (4.88%), Sodium: 241mg (10.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Vitamin E: 5.9mg (39.31%), Calcium: 153.15mg

(15.32%), Phosphorus: 130.3mg (13.03%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.18mg (10.68%), Vitamin D: 1.34µg (8.95%), Potassium: 251.6mg (7.19%), Vitamin B5: 0.54mg (5.39%), Vitamin B1: 0.08mg (5.29%), Vitamin B6: 0.1mg (5%), Magnesium: 18.75mg (4.69%), Vitamin A: 204.16IU (4.08%), Manganese: 0.08mg (3.84%), Zinc: 0.56mg (3.74%), Selenium: 2.46µg (3.51%), Fiber: 0.86g (3.46%), Vitamin K: 2.11µg (2.01%), Vitamin B3: 0.32mg (1.6%), Folate: 6.38µg (1.59%), Copper: 0.03mg (1.34%)