



Fried Cauliflower

READY IN



50 min.

SERVINGS



8

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 head cauliflower
- 1 cup cracker crumbs
- 1 eggs
- 2 teaspoons milk
- 4 cups cooking oil for deep frying

Equipment

- bowl
- frying pan

paper towels

whisk

Directions

Place cauliflower into a pan of lightly salted boiling water. Cook for 5 to 8 minutes, or until tender.

Remove from heat, drain and cool.

Heat oil in a deep-fryer to 365 degrees F (180 degrees C). In a small bowl, whisk together the egg and milk with a fork.

Place cracker crumbs in a shallow dish. Dip cauliflower in the egg mixture then roll in cracker crumbs.

Fry coated cauliflower in the hot oil until golden brown.

Drain on paper towels.

Nutrition Facts

PROTEIN 3.96% **FAT 83.48%** **CARBS 12.56%**

Properties

Glycemic Index:8.75, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:8.139565276063%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 261.5kcal (13.07%), Fat: 24.91g (38.32%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 6.82g (2.48%), Sugar: 2.06g (2.29%), Cholesterol: 20.61mg (6.87%), Sodium: 96mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin C: 34.64mg (41.99%), Vitamin K: 30.88µg (29.41%), Vitamin E: 4.3mg (28.65%), Folate: 48.95µg (12.24%), Manganese: 0.15mg (7.67%), Vitamin B6: 0.15mg (7.34%), Potassium: 233.3mg (6.67%), Fiber: 1.61g (6.44%), Phosphorus: 64.25mg (6.43%), Vitamin B5: 0.6mg (5.96%), Vitamin B2: 0.09mg (5.29%), Vitamin B1: 0.07mg (4.8%), Iron: 0.73mg (4.07%), Vitamin B3: 0.74mg (3.68%), Selenium: 2.49µg (3.56%), Magnesium: 13.02mg (3.25%), Calcium: 31.98mg (3.2%), Zinc: 0.32mg (2.11%), Copper: 0.04mg (2.07%)