



Fried Cauliflower (Egyptian Style)

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 head cauliflower cut into florets
- 1 eggs
- 1 cup flour all-purpose
- 2 cloves garlic
- 1 teaspoon ground cumin
- 4 servings salt to taste
- 1 tablespoon tomato paste

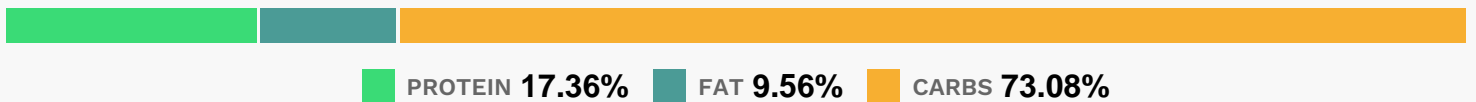
Equipment

- food processor
- frying pan
- paper towels
- pot
- blender
- slotted spoon

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil; add 2 teaspoons cumin to boiling water. Cook cauliflower florets, working in batches, in the boiling water until cooked but still crisp, 1 to 2 minutes.
- Remove with a slotted spoon and cool on a plate.
- Blend flour, egg, garlic, 1 teaspoon cumin, tomato paste, and salt in a blender or food processor until smooth; thin with milk as needed.
- Heat oil in a deep skillet to about 350 degrees F (175 degrees C).
- Dip cauliflower florets in the batter; fry battered cauliflower in the hot oil, working in batches, until cauliflower is golden and crispy, 6 to 8 minutes.
- Remove with a slotted spoon and drain on a paper towel-lined plate.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:19.03, Inflammation Score:-6, Nutrition Score:15.906087144561%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 172.81kcal (8.64%), Fat: 1.89g (2.91%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 28.58g (10.39%), Sugar: 3.38g (3.76%), Cholesterol: 40.92mg (13.64%), Sodium: 285.86mg (12.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin C: 70.67mg (85.66%), Folate: 144.87µg (36.22%), Manganese: 0.49mg (24.67%), Vitamin B1: 0.33mg (22.01%), Selenium: 15.28µg (21.84%), Vitamin K: 22.92µg (21.83%), Vitamin B2: 0.3mg (17.66%), Vitamin B6: 0.33mg (16.32%), Fiber: 3.97g (15.87%), Potassium: 533.98mg (15.26%), Iron: 2.72mg (15.14%), Vitamin B3: 2.74mg (13.69%), Vitamin B5: 1.28mg (12.79%), Phosphorus: 126.89mg (12.69%), Magnesium: 33.65mg (8.41%), Copper: 0.13mg (6.63%), Zinc: 0.82mg (5.44%), Calcium: 51.4mg (5.14%), Vitamin E: 0.44mg (2.93%), Vitamin A: 126.89IU (2.54%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)