



Fried Cheese-Stuffed Zucchini Blossoms

 Vegetarian

READY IN



16 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 ounce cream cheese at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 2 ounces goat cheese at room temperature
- ☐ 1 green onion finely chopped
- ☐ 2 teaspoons heavy cream
- ☐ 0.8 teaspoon kosher salt for seasoning

- ☐ 1 cup seltzer water
- ☐ 8 servings vegetable oil for frying
- ☐ 8 zucchini blossoms* see cook's note

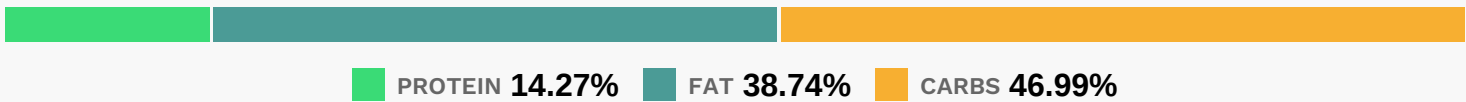
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ In a medium bowl, whisk together the flour, water and salt until smooth. Set aside.
- ☐ In a small bowl combine the goat cheese, cream cheese, heavy cream, basil, and green onion.
- ☐ Mix until smooth. Season with salt and pepper, to taste. Spoon 1 1/2 to 2 teaspoons filling into each blossom. Close the blossoms and gently twist the petals to seal.
- ☐ In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F. (If you don't have a thermometer a cube of bread will brown in about 1 minute.) Dip the stuffed zucchini blossoms in the batter and allow any excess batter to drip off. Fry for 1 to 2 minutes, turning occasionally, until golden brown. Allow the cooked blossoms to drain on paper towels.
- ☐ Season with salt and serve with your favorite marinara sauce or vinaigrette.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:9.34, Inflammation Score:-7, Nutrition Score:11.684782543908%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 151.1kcal (7.55%), Fat: 6.75g (10.39%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 15.98g (5.81%), Sugar: 5.21g (5.79%), Cholesterol: 8.25mg (2.75%), Sodium: 278.03mg (12.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.19%), Vitamin C: 35.42mg (42.93%), Manganese: 0.48mg (23.99%), Folate: 78µg (19.5%), Vitamin B2: 0.3mg (17.67%), Vitamin B6: 0.35mg (17.4%), Vitamin K: 18.17µg (17.31%), Potassium: 542.83mg (15.51%), Vitamin B1: 0.22mg (14.53%), Phosphorus: 114.87mg (11.49%), Vitamin A: 559.87IU (11.2%), Magnesium: 41.19mg (10.3%), Fiber: 2.45g (9.8%), Vitamin B3: 1.85mg (9.26%), Copper: 0.18mg (9.23%), Iron: 1.64mg (9.08%), Selenium: 6.24µg (8.92%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.54mg (5.43%), Calcium: 51.47mg (5.15%), Vitamin E: 0.54mg (3.6%)