



Fried Polenta Cheese Fritters

 Vegetarian

READY IN



160 min.

SERVINGS



24

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 1.5 cups canola oil
- ☐ 24 servings parsley fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup water
- ☐ 1 cup milk whole
- ☐ 1.5 cups cornmeal yellow

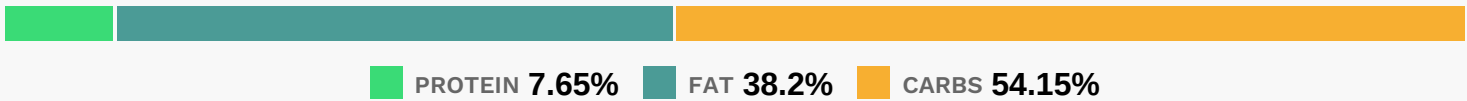
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Lightly oil 8x8x2-inch metal baking pan.
- ☐ Whisk first 4 ingredients in bowl. Bring milk and 1 cup water to boil in large saucepan over medium-high heat. Gradually whisk in dry ingredients. Reduce heat to medium-low; simmer until very thick, whisking constantly, about 2 minutes.
- ☐ Remove from heat.
- ☐ Mix in cheese.
- ☐ Transfer batter to prepared pan; press to even layer. Chill until cold.
- ☐ Cut fritter batter into 3 strips.
- ☐ Cut each strip crosswise into 8 rectangles. Turn rectangles out of pan onto work surface.
- ☐ Heat oil in medium skillet over medium-high heat. Working in batches, add fritters to skillet and sauté until golden brown, about 5 minutes per side.
- ☐ Transfer fritters to paper towels to drain. Arrange fritters on platter.
- ☐ Sprinkle with parsley and serve hot.
- ☐ Calories (kcal) 320.92; %Calories from Fat 9; Fat (g) 18.40; Saturated Fat (g) 3.55; Cholesterol (mg) 12.51; Carbohydrates (g) 34.60; Dietary Fiber (g) 1.64 ; Total Sugars (g) 8.29; Net Carbs (g) 32.96; Protein (g) 6.47
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:11.82, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:5.7108695895776%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 87.95kcal (4.4%), Fat: 3.77g (5.81%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 10.9g (3.96%), Sugar: 2.76g (3.07%), Cholesterol: 1.22mg (0.41%), Sodium: 103.96mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin K: 67.65µg (64.43%), Vitamin A: 353.43IU (7.07%), Vitamin C: 5.32mg (6.45%), Fiber: 1.14g (4.55%), Manganese: 0.09mg (4.43%), Vitamin B1: 0.06mg (3.96%), Phosphorus: 37.76mg (3.78%), Vitamin E: 0.56mg (3.76%), Iron: 0.67mg (3.71%), Magnesium: 14.53mg (3.63%), Folate: 14.22µg (3.56%), Vitamin B6: 0.07mg (3.48%), Zinc: 0.41mg (2.75%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.04mg (2.38%), Vitamin B3: 0.46mg (2.31%), Potassium: 72.26mg (2.06%), Calcium: 19.39mg (1.94%), Copper: 0.04mg (1.78%), Vitamin B5: 0.12mg (1.24%)