



## Fried Squash Blossoms with Corn and Mozzarella



Vegetarian



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



1742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 4 servings canola oil for frying
- ☐ 1 kernels from ear corn fresh
- ☐ 1 leaves basil fresh snipped (or torn if large)
- ☐ 0.3 pound mozzarella cheese fresh cut into 1/4-in. dice
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon pepper

- ☐ 1 tablespoon onion red minced
- ☐ 0.5 cup rice flour
- ☐ 0.3 teaspoon sea salt
- ☐ 18 butternut squash blossoms with stems if you like

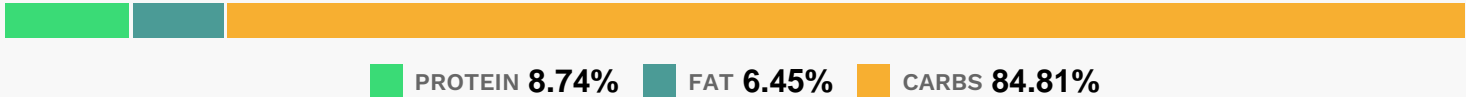
## Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ loaf pan
- ☐ kitchen thermometer
- ☐ slotted spoon

## Directions

- ☐ Mix cheese, corn, onion, garlic, and 1/4 teaspoon each salt and pepper. Gently stuff each blossom with about 1 1/2 teaspoons filling and twist ends of petals closed.
- ☐ Pour oil into a medium, heavy pot or saucepan until 3 in. deep.
- ☐ Heat over medium-high heat until a deep-fry thermometer registers 360 to 37
- ☐ Put buttermilk and rice flour in separate containers (loaf pans work well, since the high sides prevent spilling).
- ☐ One at a time, dip each stuffed blossom into buttermilk and let excess drip off. Dip in flour, coating lightly but evenly.
- ☐ Shake off excess flour and fry blossoms in small batches until golden brown, 45 seconds to 1 minute. Gently submerge blossoms with a slotted spoon to cook tops.
- ☐ Drain on paper towels. Season with salt, sprinkle with chives or basil, and serve with lemon wedges if you like.

## Nutrition Facts



## Properties

Glycemic Index:71.25, Glycemic Load:11.33, Inflammation Score:-10, Nutrition Score:77.515652169352%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 1742.16kcal (87.11%), Fat: 14.1g (21.7%), Saturated Fat: 5.37g (33.54%), Carbohydrates: 417.42g (139.14%), Net Carbohydrates: 348.9g (126.87%), Sugar: 77.55g (86.17%), Cholesterol: 25.7mg (8.57%), Sodium: 493.23mg (21.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.02g (86.03%), Vitamin A: 359053.13IU (7181.06%), Vitamin C: 710.72mg (861.48%), Manganese: 7.14mg (356.87%), Potassium: 12026.71mg (343.62%), Vitamin E: 49.21mg (328.04%), Magnesium: 1172.23mg (293.06%), Fiber: 68.52g (274.09%), Vitamin B6: 5.34mg (266.99%), Folate: 925.59µg (231.4%), Vitamin B1: 3.46mg (230.86%), Vitamin B3: 41.48mg (207.42%), Calcium: 1802.91mg (180.29%), Vitamin B5: 13.99mg (139.89%), Iron: 23.98mg (133.23%), Phosphorus: 1281.37mg (128.14%), Copper: 2.48mg (124.21%), Vitamin B2: 0.83mg (48.54%), Zinc: 6.28mg (41.89%), Vitamin K: 40.68µg (38.74%), Selenium: 26.09µg (37.26%), Vitamin B12: 0.78µg (13.07%), Vitamin D: 0.5µg (3.36%)