



Fried Zucchini Blossoms with Grilled Vegetable Panzanella and Baby Arugula Salad

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



853 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup cake flour
- ☐ 4 servings canola oil
- ☐ 0.5 cup club soda
- ☐ 4 basil leaves fresh
- ☐ 1.5 cloves garlic minced smashed

- ☐ 0.5 cup goat cheese
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 4 servings olive oil
- ☐ 3 plum tomatoes halved
- ☐ 1 onion red cut into 1/ rings
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings red wine vinegar
- ☐ 0.5 loaf rustic bread white cut into bite-size cubes
- ☐ 1 zucchini sliced lengthwise into 1/ slices
- ☐ 4 zucchini blossoms

Equipment

- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ grill pan

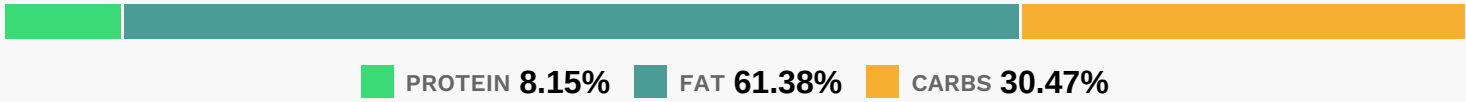
Directions

- ☐ Heat a grill or grill pan. Toss the zucchini, tomatoes, and onions gently with olive oil and salt and grill until cooked through. Flip halfway through cooking.
- ☐ Toss the bread cubes with vinegar, garlic, 1 tablespoon olive oil, a sprinkle of water, and salt.
- ☐ Chop the grilled vegetables and add to the bread mixture. Toss gently together and season with salt, to taste.
- ☐ Heat the oil to 375 degrees F.
- ☐ Whisk together the cake flour, baking powder, pinch salt, and club soda.
- ☐ Spoon the goat cheese into a piping bag and cut a hole in the bag. Gently fill each zucchini blossom with goat cheese.
- ☐ Dip each blossom into the batter and then carefully place into the hot oil. Cook until lightly puffed and golden.

- ☐
- Remove the blossoms from the oil and drain on a paper towel. Season with salt immediately.

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Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:17.43, Inflammation Score:-9, Nutrition Score:24.756956727608%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 852.82kcal (42.64%), Fat: 58.97g (90.72%), Saturated Fat: 18.77g (117.31%), Carbohydrates: 65.85g (21.95%), Net Carbohydrates: 59.45g (21.62%), Sugar: 26.58g (29.53%), Cholesterol: 13.05mg (4.35%), Sodium: 861mg (37.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Vitamin C: 54.28mg (65.8%), Vitamin K: 48.02µg (45.73%), Manganese: 0.86mg (43.19%), Vitamin E: 5.74mg (38.29%), Folate: 130.4µg (32.6%), Phosphorus: 310.61mg (31.06%), Calcium: 292.58mg (29.26%), Vitamin B6: 0.57mg (28.7%), Potassium: 1003.08mg (28.66%), Vitamin A: 1430.14IU (28.6%), Fiber: 6.4g (25.61%), Vitamin B2: 0.43mg (25.54%), Copper: 0.45mg (22.47%), Vitamin B3: 4.44mg (22.19%), Iron: 3.8mg (21.11%), Magnesium: 81.09mg (20.27%), Selenium: 14.03µg (20.04%), Vitamin B1: 0.27mg (18.07%), Zinc: 1.65mg (11%), Vitamin B5: 0.96mg (9.56%)