



Kala (Black-Eyed Pea Fritters from the Dutch Antilles)

 Vegetarian  Dairy Free

READY IN



740 min.

SERVINGS



20

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups black-eyed peas dried
- 1 teaspoon cayenne pepper to taste
- 2 egg whites
- 0.5 cup flour all-purpose
- 1 teaspoon salt
- 20 servings vegetable oil for deep frying

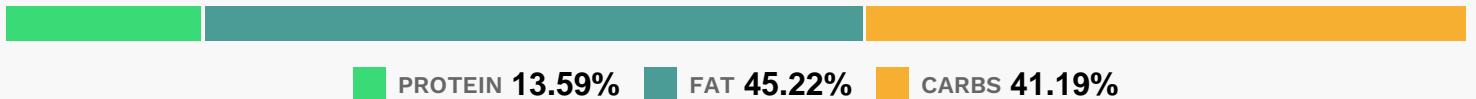
Equipment

- food processor
- bowl
- frying pan

Directions

- Place black-eyed peas into a container, and cover with several inches of water. Allow to stand for 12 hours.
- Drain the water from the black-eyed peas.
- Place peas into the bowl of a food processor, and pulse until coarsely ground. Stir in the egg whites, salt, flour, and cayenne pepper to taste until dough consistency.
- Add more flour if necessary to hold the mixture together. Form into small balls, each about 2 inches diameter.
- Heat the oil in a heavy, deep skillet to 375 degrees F (190 degrees C) over medium-high heat. Carefully drop the balls into the hot oil, and fry until brown, about 5 minutes. You may need to lower the heat slightly after cooking the first kala balls. Turn frequently to brown evenly on all sides.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:2.74, Inflammation Score:-2, Nutrition Score:2.4804347852326%

Nutrients (% of daily need)

Calories: 57.96kcal (2.9%), Fat: 2.94g (4.53%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.8g (1.75%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 122.03mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Folate: 41.72µg (10.43%), Manganese: 0.11mg (5.28%), Vitamin K: 5.53µg (5.27%), Fiber: 1.23g (4.92%), Vitamin B1: 0.06mg (3.98%), Iron: 0.59mg (3.27%), Phosphorus: 30.95mg (3.1%), Selenium: 2.1µg (3%), Copper: 0.05mg (2.59%), Magnesium: 10.29mg (2.57%), Vitamin B2: 0.04mg (2.29%), Vitamin E: 0.31mg (2.06%), Potassium: 58.09mg (1.66%), Zinc: 0.25mg (1.65%), Vitamin B3: 0.28mg (1.41%), Vitamin B6: 0.02mg (1.06%)