




 **2%**
HEALTH SCORE

Leek and Walnut Fritters


 Vegetarian  Dairy Free

READY IN




45 min.

SERVINGS



24

CALORIES



115 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 24 servings available in the asian foods section of some supermarkets and at asian markets
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon pepper black freshly ground
- 2 large eggs beaten to blend
- 12 cups leek white green chopped (and pale parts only; 10 medium)
- 0.3 cup juice of lemon fresh for garnish
- 0.8 cup panko bread crumbs () (Japanese breadcrumbs)
- 1 teaspoon salt

- 24 servings vegetable oil for frying
- 1.5 cups walnut pieces chopped

Equipment

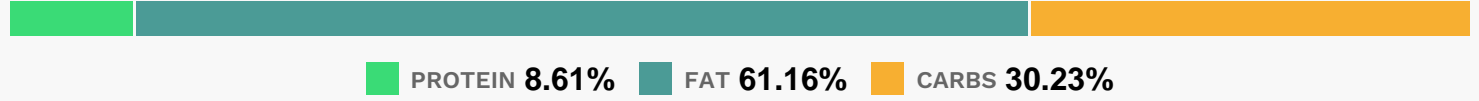
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- kitchen thermometer
- kitchen towels

Directions

- Cook leeks in large saucepan of boiling salted water until just tender, about 8 minutes.
- Drain very well and cool. Working in batches, wrap leeks in kitchen towels and squeeze out all liquid.
- Place leeks in processor and blend to coarse paste.
- Transfer leeks to large bowl.
- Add 3/4 cup panko, eggs, lemon juice, baking powder, salt, and pepper; blend well.
- Mix in nuts.
- Add more panko by tablespoonfuls if mixture is very moist.
- Shape 3 tablespoons leek-walnut mixture into 1/2-inch-thick patty.
- Place on plastic-lined baking sheet. Repeat with remaining mixture. Do ahead Can be made 1 day ahead. Cover patties with plastic and refrigerate.
- Preheat oven to 300°F. Line baking sheet with several layers of paper towels.
- Pour oil into large saucepan to depth of 1 inch. Attach deep-fry thermometer to side of pan and heat oil to 350°F. Working in batches, fry patties until golden brown, about 4 minutes per side.
- Transfer fritters to prepared baking sheet to drain.

- Place baking sheet in oven to keep fritters warm.
- Divide fritters among plates.
- Garnish with lemon wedges and serve.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:6.9704347667487%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 114.57kcal (5.73%), Fat: 8.21g (12.63%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 7.7g (2.8%), Sugar: 2.12g (2.36%), Cholesterol: 15.5mg (5.17%), Sodium: 161.42mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin K: 26.47µg (25.21%), Manganese: 0.49mg (24.52%), Vitamin A: 816.94IU (16.34%), Folate: 40.42µg (10.1%), Copper: 0.18mg (8.97%), Vitamin C: 6.52mg (7.91%), Vitamin B6: 0.15mg (7.73%), Iron: 1.36mg (7.58%), Magnesium: 25.88mg (6.47%), Phosphorus: 60.38mg (6.04%), Calcium: 59.42mg (5.94%), Fiber: 1.43g (5.74%), Vitamin E: 0.74mg (4.93%), Vitamin B1: 0.07mg (4.89%), Selenium: 2.56µg (3.66%), Potassium: 127.15mg (3.63%), Vitamin B2: 0.05mg (3.07%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.18mg (1.84%)