



Lion's Den Lobster Fritters (Gluten Free)

READY IN



35 min.

SERVINGS



24

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 1 tablespoon garlic butter melted
- ☐ 0.5 cup celery finely chopped
- ☐ 2 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 0.5 cup round buttery crackers gluten free crushed glutino® (such as)
- ☐ 1 cup pancake mix gluten free arrowhead mills® (such as)
- ☐ 1 teaspoon ground pepper black
- ☐ 1 lobster tail shelled cleaned chopped

- ☐ 0.5 cup onions finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon seafood seasoning old bay® (such as)
- ☐ 0.5 cup coconut or shredded unsweetened
- ☐ 1 quart vegetable oil for frying

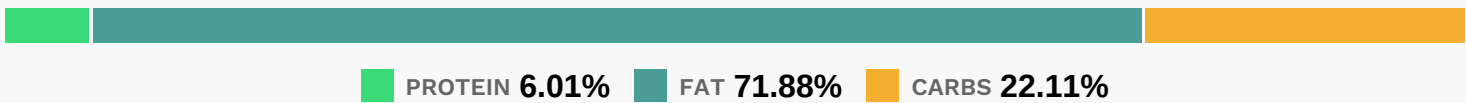
Equipment

- ☐ bowl
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Heat oil in a large pot or deep fryer to 365 degrees F (185 degrees C).
- ☐ Combine gluten free pancake mix, onions, celery, coconut, gluten free crackers, lobster meat, seafood seasoning, baking powder, salt, and ground black pepper in a bowl.
- ☐ Combine eggs, evaporated milk, and butter in a separate bowl.
- ☐ Stir egg mixture into dry mixture to form a batter.
- ☐ Drop batter by rounded tablespoons into hot oil and fry until golden brown, about 3 minutes.
- ☐ Remove and drain fritters on a rack.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.2930434683095%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 148kcal (7.4%), Fat: 11.9g (18.3%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.44g (2.7%), Sugar: 0.86g (0.95%), Cholesterol: 26.76mg (8.92%), Sodium: 243.03mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin K: 16.7µg (15.91%), Phosphorus: 63.6mg (6.36%), Selenium: 4.3µg (6.14%), Calcium: 55.75mg (5.57%), Vitamin E: 0.75mg (4.98%), Manganese: 0.1mg (4.93%), Vitamin B2: 0.07mg (4.06%), Fiber: 0.8g (3.19%), Copper: 0.06mg (3.19%), Iron: 0.38mg (2.09%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.2mg (2.04%), Potassium: 69.17mg (1.98%), Folate: 7.78µg (1.95%), Magnesium: 7.77mg (1.94%), Vitamin B1: 0.03mg (1.86%), Vitamin B12: 0.11µg (1.81%), Vitamin B6: 0.04mg (1.79%), Vitamin A: 86.03IU (1.72%), Vitamin B3: 0.2mg (1.02%)