



 **2%**
HEALTH SCORE

Market Stuffed Squash Blossoms

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

Ingredients

- 10 squash blossoms
- 10 squash blossoms
- 4 garlic-scapes chopped
- 2 tablespoons cherries dried chopped
- 1 tablespoon butter unsalted
- 0.8 cup panko bread crumbs
- 0.5 cup goat cheese soft
- 2 tablespoons basil fresh chopped

- 2 tablespoons basil fresh chopped
- 4 servings salt and pepper
- 0.5 cup flour all-purpose
- 0.5 teaspoon pepper white
- 0.5 teaspoon curry powder
- 0.5 teaspoon salt
- 0.5 cup seltzer water
- 4 servings cooking oil for frying

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Set a large skillet over medium heat.
- Add a pat of butter, chopped scapes and chopped cherries. Saut for 2-3 minutes.
- Add the panko and stir for 1-2 minutes until the panko has toasted. Turn the heat off and stir in the goat cheese and basil. Salt and Pepper to taste.
- Spoon the filling into the squash blossoms and gently twist the petals together to seal.
- Wipe out the skillet with a damp paper towel. Then pour in enough oil to thoroughly coat the bottom of the skillet. Return the heat to medium-high.
- Mix the flour, white pepper, curry and salt in a small bowl.
- Whisk in the club soda.
- Dip each blossom in the batter. Shake off the drippings and carefully place in the hot oil.
- Pan-fry for 1-2 minutes per side. I usually turn mine 2-3 times.
- Remove from the pan the drain on a paper towel. Repeat if needed.
- Serve alone as an appetizer, with aioli, or over a salad as a light meal.

Nutrition Facts

PROTEIN 14.58% FAT 40.89% CARBS 44.53%

Properties

Glycemic Index:55, Glycemic Load:8.64, Inflammation Score:-6, Nutrition Score:8.895652173913%

Taste

Sweetness: 20.88%, Saltiness: 63.31%, Sourness: 29.07%, Bitterness: 30.62%, Savoriness: 18.49%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 273.73kcal (13.69%), Fat: 12.53g (19.28%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 28.58g (10.39%), Sugar: 4.99g (5.54%), Cholesterol: 20.58mg (6.86%), Sodium: 682.38mg (29.67%), Protein: 10.05g (20.11%), Vitamin A: 949.49IU (18.99%), Vitamin B1: 0.26mg (17.14%), Manganese: 0.28mg (14.22%), Vitamin B2: 0.24mg (14.21%), Copper: 0.27mg (13.68%), Iron: 2.41mg (13.41%), Selenium: 9.09µg (12.98%), Folate: 51.81µg (12.95%), Phosphorus: 116.25mg (11.62%), Vitamin K: 12.09µg (11.52%), Calcium: 106.32mg (10.63%), Vitamin B3: 1.89mg (9.44%), Vitamin C: 7.5mg (9.09%), Fiber: 2.11g (8.46%), Vitamin B6: 0.1mg (4.89%), Vitamin E: 0.71mg (4.74%), Magnesium: 17.73mg (4.43%), Zinc: 0.6mg (3.98%), Vitamin B5: 0.33mg (3.32%), Potassium: 74.92mg (2.14%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.17µg (1.11%)