



Marmite Onion Fritters

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



2257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon double-acting baking powder
- 3 eggs beaten
- 0.5 cup flour all-purpose ()
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon thyme sprigs fresh finely chopped
- 4 servings pepper black freshly ground
- 2 ounces milk
- 1 quart vegetable oil; peanut oil preferred

4 cups onion sweet sliced (2 large)

Equipment

bowl

baking sheet

oven

whisk

pot

kitchen thermometer

aluminum foil

spatula

Directions

Whisk together eggs, milk, Marmite, and thyme until all ingredients are fully incorporated. In a separate bowl whisk together flour, baking powder, and a pinch of salt and pepper.

Whisk dry ingredients into wet ingredients then toss sliced onions into batter using a spatula or your hands to gently crush the onions. Allow to sit for 30 minutes.

Preheat the oven to 300[°] and place a foil lined baking sheet in the oven. In a large pot over medium high heat, heat 3 inches of oil until a piece of onion dropped in the pot sizzles (it should register about 325°F on an instant read or deep frying thermometer). Using a spatula drop approximately 1/4 cup sized fritters into the oil. Cook, turning often until the fritters are golden brown, about 4 minutes.

Transfer fritters to a rack set in a rimmed baking sheet and place cooked fritters in the oven to keep warm and repeat until all the batter is used.

Serve hot garnished with chopped parsley and a drizzle of Marmite if desired.

Nutrition Facts

PROTEIN 1.32% **FAT 94.28%** **CARBS 4.4%**

Properties

Glycemic Index:78.5, Glycemic Load:8.98, Inflammation Score:-8, Nutrition Score:15.311304403388%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 23.24mg, Quercetin: 23.24mg, Quercetin: 23.24mg, Quercetin: 23.24mg

Nutrients (% of daily need)

Calories: 2256.57kcal (112.83%), Fat: 240.48g (369.98%), Saturated Fat: 41.31g (258.18%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 23.24g (8.45%), Sugar: 8.9g (9.88%), Cholesterol: 124.46mg (41.49%), Sodium: 93.02mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin E: 37.56mg (250.37%), Vitamin K: 35.29µg (33.61%), Selenium: 16.5µg (23.58%), Folate: 84.07µg (21.02%), Vitamin B2: 0.28mg (16.64%), Phosphorus: 146.79mg (14.68%), Vitamin B6: 0.28mg (14.13%), Vitamin B1: 0.21mg (14.09%), Vitamin C: 10.74mg (13.02%), Manganese: 0.26mg (12.91%), Iron: 1.99mg (11.08%), Calcium: 89.16mg (8.92%), Potassium: 287.9mg (8.23%), Fiber: 1.99g (7.95%), Vitamin B5: 0.79mg (7.94%), Vitamin A: 383.67IU (7.67%), Copper: 0.14mg (7.09%), Magnesium: 25.14mg (6.28%), Vitamin B12: 0.37µg (6.17%), Vitamin B3: 1.21mg (6.03%), Zinc: 0.85mg (5.68%), Vitamin D: 0.82µg (5.44%)