



Ntomatokeftedes (Greek Tomato and Feta Fritters)



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bulgur wheat fine
- ☐ 2 eggs
- ☐ 4 ounces feta crumbled ()
- ☐ 2 green onions sliced ()
- ☐ 0.3 cup herbs chopped (such as dill, mint, parsley,)
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano

- ☐ 1 teaspoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 4 sundried tomatoes chopped ()
- ☐ 4 large tomatoes diced peeled seeded (, and)
- ☐ 4 servings flour whole wheat

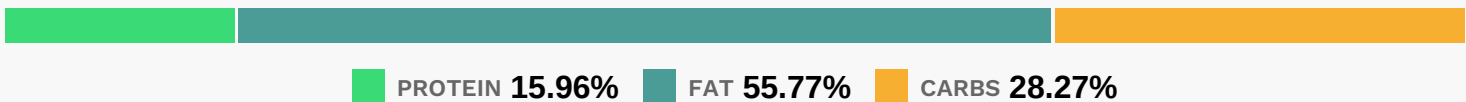
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the tomatoes, feta, herbs, green onions, oregano, paprika, eggs, bulgur, salt and pepper in a large bowl.
- ☐ Slowly mix in some whole wheat flour until the mixture becomes thick enough to form into patties.
- ☐ Heat the oil in a pan.
- ☐ Form the tomato mixture into patties and fry in the oil until golden brown on both sides, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:4.93, Inflammation Score:-9, Nutrition Score:20.714347611303%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 245.72kcal (12.29%), Fat: 15.88g (24.43%), Saturated Fat: 5.53g (34.59%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 13.3g (4.84%), Sugar: 5.9g (6.56%), Cholesterol: 107.07mg (35.69%), Sodium: 564.63mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.45%), Vitamin K: 97.64µg (92.99%), Vitamin A: 2403.35IU (48.07%), Vitamin C: 31.85mg (38.61%), Manganese: 0.61mg (30.74%), Vitamin B2: 0.41mg (24.3%), Phosphorus: 226.42mg (22.64%), Calcium: 194.7mg (19.47%), Fiber: 4.8g (19.22%), Potassium: 642.53mg (18.36%), Vitamin B6: 0.37mg (18.34%), Vitamin E: 2.58mg (17.22%), Selenium: 12.03µg (17.19%), Folate: 61.84µg (15.46%), Magnesium: 52.97mg (13.24%), Iron: 2.15mg (11.92%), Zinc: 1.74mg (11.62%), Vitamin B12: 0.67µg (11.25%), Vitamin B3: 2.21mg (11.05%), Vitamin B1: 0.16mg (10.98%), Copper: 0.21mg (10.58%), Vitamin B5: 0.95mg (9.49%), Vitamin D: 0.55µg (3.69%)