



Parsnip Fritters

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 0.8 cup milk
- ☐ 1 pound parsnips
- ☐ 1 Dash salt
- ☐ 0.5 teaspoon sugar

☐ 6 servings vegetable oil

Equipment

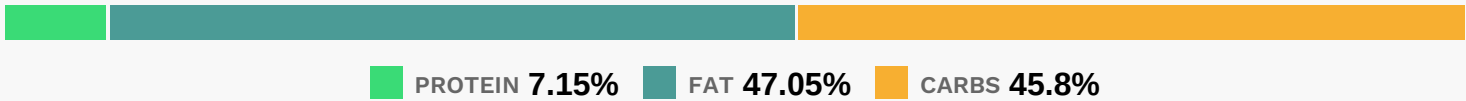
☐ paper towels

☐ sauce pan

Directions

- ☐ Soak parsnips in cold water 30 minutes.
- ☐ Drain; cut into 3- inch strips.
- ☐ Combine parsnips, lemon juice, and a small amount of boiling salted water in a medium saucepan. Cover, and cook 10 minutes or until parsnips are tender.
- ☐ Drain well.
- ☐ Combine flour, sugar, baking powder, and salt; stir well.
- ☐ Add milk and egg; beat until smooth.
- ☐ Dip parsnip strips into batter; fry in deep hot oil (37
- ☐ until golden, turning once.
- ☐ Drain well on paper towels.
- ☐ Serve Parsnip Fritters with Mustard Dip Sauce.

Nutrition Facts



Properties

Glycemic Index:54.52, Glycemic Load:20.34, Inflammation Score:-4, Nutrition Score:12.765217418256%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 305.59kcal (15.28%), Fat: 16.16g (24.86%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 30.98g (11.26%), Sugar: 5.55g (6.16%), Cholesterol: 30.94mg (10.31%), Sodium: 54.22mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin K: 42.95µg (40.9%), Manganese: 0.6mg (30.22%), Folate: 101.92µg (25.48%), Vitamin B1: 0.29mg (19.51%), Selenium: 13.02µg (18.6%), Fiber: 4.41g (17.64%), Vitamin C: 13.17mg (15.97%), Vitamin E: 2.38mg (15.87%), Vitamin B2: 0.24mg (14.25%), Phosphorus: 130.84mg (13.08%), Potassium: 368.13mg (10.52%), Vitamin B3: 2.11mg (10.52%), Iron: 1.8mg (10.03%), Calcium: 82.59mg (8.26%), Magnesium: 32.29mg (8.07%), Vitamin B5: 0.79mg (7.95%), Copper: 0.13mg (6.7%), Zinc: 0.85mg (5.66%), Vitamin B6: 0.11mg (5.55%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.48µg (3.21%), Vitamin A: 89.06IU (1.78%)