



Pea and Halloumi Fritters

READY IN



30 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

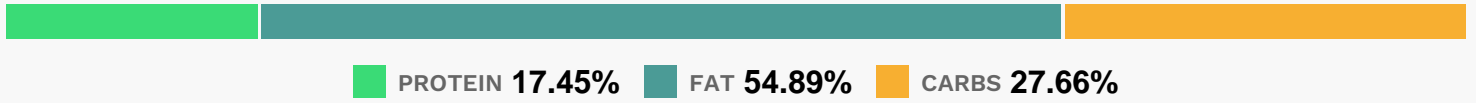
MAIN DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 30 g cornstarch
- 2 eggs
- 1 tablespoon mint leaves fresh chopped
- 250 g halloumi cheese cut into 1cm cubes
- 125 ml milk
- 4 servings olive oil
- 250 g peas frozen
- 100 g flour plain

Equipment

Nutrition Facts



Properties

Glycemic Index:62.33, Glycemic Load:16.91, Inflammation Score:-6, Nutrition Score:17.430869565217%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 542.77kcal (27.14%), Fat: 33.01g (50.78%), Saturated Fat: 13.93g (87.07%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 32.94g (11.98%), Sugar: 5.56g (6.17%), Cholesterol: 85.71mg (28.57%), Sodium: 851.45mg (37.02%), Protein: 23.62g (47.23%), Calcium: 729.04mg (72.9%), Vitamin C: 25.4mg (30.78%), Vitamin B1: 0.39mg (26.02%), Selenium: 17.18µg (24.54%), Folate: 98.14µg (24.53%), Vitamin K: 24.17µg (23.01%), Manganese: 0.45mg (22.65%), Vitamin B2: 0.35mg (20.84%), Phosphorus: 183.45mg (18.35%), Fiber: 4.47g (17.87%), Vitamin E: 2.36mg (15.73%), Iron: 2.7mg (14.98%), Vitamin B3: 2.85mg (14.27%), Vitamin A: 702.24IU (14.04%), Zinc: 1.38mg (9.23%), Vitamin B6: 0.18mg (8.76%), Copper: 0.17mg (8.5%), Magnesium: 33.99mg (8.5%), Potassium: 265.53mg (7.59%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.79µg (5.3%)