



Potato and Sage Fritters with Lemon Aioli

 Vegetarian  Dairy Free

READY IN



210 min.

SERVINGS



15

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup water
- 2 tablespoons flour all-purpose
- 1 package yeast dry
- 1 lb baking potatoes fresh peeled cut into 1-inch cubes (3 cups)
- 2 eggs
- 0.5 cup olive oil
- 0.8 teaspoon salt
- 0.5 teaspoon pepper

- 2 teaspoons lemon zest grated
- 1 tablespoon sage fresh finely chopped
- 2 cups flour all-purpose
- 1 serving vegetable oil for frying
- 0.7 cup mayonnaise
- 2 large cloves garlic finely chopped
- 2 tablespoons juice of lemon

Equipment

- bowl
- paper towels
- sauce pan
- whisk
- dutch oven
- deep fryer

Directions

- In small bowl, mix warm water, 2 tablespoons flour and the yeast. Stir; let stand in warm place about 30 minutes or until small bubbles form.
- Meanwhile, in small bowl, mix aioli ingredients. Cover; refrigerate until ready to serve.
- In 3-quart saucepan, cover potatoes with water; lightly salt.
- Heat to boiling; reduce heat to medium-low. Cover; cook potatoes about 20 minutes or until tender.
- Drain; mash potatoes with fork. Cool about 10 minutes.
- In small bowl, beat eggs and olive oil with whisk; stir in salt, pepper, lemon peel and sage. Set aside.
- In large bowl, mix mashed potatoes with yeast mixture and 2 cups flour. Stir in egg mixture until well blended. Cover with towel and set in warm place about 1 1/2 hours or until potato mixture is double in size.

In deep fryer or 4-quart Dutch oven, heat vegetable oil (2 to 3 inches) to 350°F. Drop potato mixture by tablespoonfuls into hot oil. Fry 3 to 4 minutes, turning once, until golden brown.

Drain on paper towels; serve warm with aioli.

Nutrition Facts

PROTEIN 7.82% **FAT 48.95%** **CARBS 43.23%**

Properties

Glycemic Index:23.12, Glycemic Load:14.13, Inflammation Score:-2, Nutrition Score:8.6030434551446%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.09kcal (9.1%), Fat: 9.89g (15.22%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.58g (6.76%), Sugar: 0.38g (0.42%), Cholesterol: 26.01mg (8.67%), Sodium: 190.29mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Copper: 1.28mg (64.03%), Vitamin K: 18.17µg (17.31%), Vitamin B1: 0.22mg (14.72%), Folate: 51.2µg (12.8%), Selenium: 8.24µg (11.77%), Manganese: 0.23mg (11.36%), Vitamin B2: 0.15mg (8.6%), Vitamin B3: 1.55mg (7.77%), Iron: 1.28mg (7.14%), Vitamin B6: 0.14mg (6.82%), Phosphorus: 53.45mg (5.34%), Potassium: 166.27mg (4.75%), Fiber: 1.08g (4.34%), Vitamin E: 0.63mg (4.19%), Vitamin C: 2.97mg (3.6%), Vitamin B5: 0.35mg (3.45%), Magnesium: 12.99mg (3.25%), Zinc: 0.35mg (2.36%), Calcium: 15.13mg (1.51%), Vitamin B12: 0.06µg (1.07%)