



Pumpkin and Feta Fritters



Vegetarian



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



375 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggs
- ☐ 0.3 cup feta crumbled ()
- ☐ 0.3 cup herbs fresh chopped (such as parsley, dill, mint;)
- ☐ 1 green onion sliced ()
- ☐ 2 tablespoons oil
- ☐ 2 servings salt and pepper to taste
- ☐ 2 cups pumpkin/squash grated ()
- ☐ 0.5 cup flour whole wheat (I used flour)

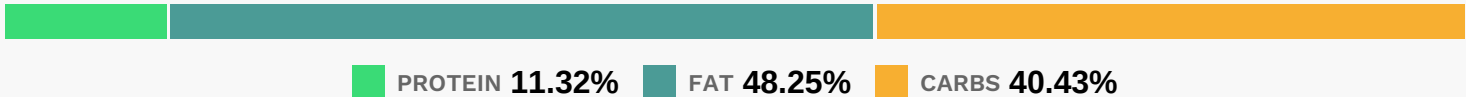
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the pumpkin, herbs, green onion, feta, flour, egg, salt and pepper in a bowl.
- ☐ Heat the oil in a pan.
- ☐ Spoon the pumpkin mixture into the pan and cook until golden brown on both sides, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:30.011739098507%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 374.53kcal (18.73%), Fat: 21.08g (32.44%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 33.34g (12.13%), Sugar: 3.49g (3.88%), Cholesterol: 98.53mg (32.84%), Sodium: 450.14mg (19.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.26%), Vitamin A: 15774.25IU (315.48%), Vitamin K: 147.92µg (140.87%), Manganese: 1.54mg (76.82%), Vitamin C: 40.5mg (49.09%), Selenium: 28.85µg (41.22%), Vitamin E: 5.03mg (33.55%), Phosphorus: 266.62mg (26.66%), Fiber: 6.41g (25.65%), Magnesium: 99.86mg (24.96%), Vitamin B6: 0.47mg (23.25%), Vitamin B1: 0.34mg (22.54%), Folate: 82.58µg (20.64%), Vitamin B2: 0.35mg (20.5%), Potassium: 701.84mg (20.05%), Calcium: 196.95mg (19.69%), Vitamin B3: 3.5mg (17.5%), Iron: 3.12mg (17.35%), Copper: 0.26mg (13.1%), Vitamin B5: 1.29mg (12.94%), Zinc: 1.92mg (12.79%), Vitamin B12: 0.51µg (8.54%), Vitamin D: 0.51µg (3.43%)