

Pumpkin Fritters

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon curry powder
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 1 cup pumpkin puree
- 1 teaspoon salt
- 4 cups vegetable oil for frying

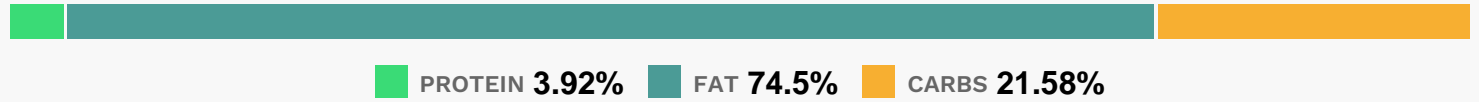
Equipment

- bowl
- sauce pan
- slotted spoon

Directions

- In a medium bowl, combine pumpkin, egg, flour, baking powder, curry powder, and salt.
- Mix until smooth.
- Heat oil in a deep saucepan to 325 degrees F (165 degrees C). Drop batter by spoonfuls into hot oil. Fry until golden brown, about 2 minutes.
- Remove with a slotted spoon, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:3.5230434776648%

Nutrients (% of daily need)

Calories: 89.65kcal (4.48%), Fat: 7.53g (11.59%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.44g (1.62%), Sugar: 0.36g (0.4%), Cholesterol: 6.82mg (2.27%), Sodium: 117.82mg (5.12%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.89g (1.78%), Vitamin A: 1599.44IU (31.99%), Vitamin K: 15.1µg (14.38%), Vitamin E: 0.74mg (4.96%), Selenium: 2.38µg (3.41%), Vitamin B1: 0.04mg (2.95%), Folate: 11.75µg (2.94%), Manganese: 0.06mg (2.75%), Iron: 0.46mg (2.56%), Vitamin B2: 0.04mg (2.34%), Fiber: 0.46g (1.86%), Vitamin B3: 0.35mg (1.75%), Phosphorus: 16.77mg (1.68%), Calcium: 14.71mg (1.47%), Copper: 0.02mg (1.03%)