



WHATSheATE



Roasted Red Pepper and Feta Fritters



Vegetarian



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon balsamic vinegar



1 eggs



0.3 cup feta crumbled ()



0.5 cup flour whole wheat (I used flour)



1 handful parsley chopped ()



2 green onions sliced ()



2 servings oil for frying



1 tablespoon oregano chopped ()

- ☐ 4 roasted peppers red chopped ()
- ☐ 2 servings salt and pepper to taste

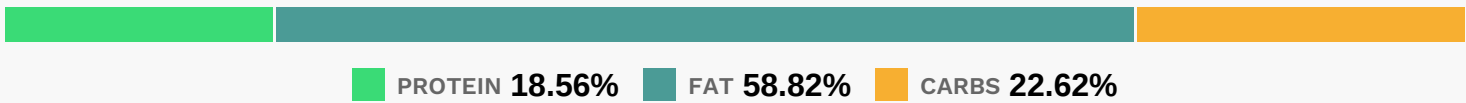
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the roasted red peppers, parsley, oregano, onions, feta, egg, balsamic vinegar, salt and pepper in a bowl.
- ☐ Mix in the flour adding more if needed in order to ensure that the fritters will hold together.
- ☐ Heat the oil in a pan.
- ☐ Spoon the mixture into the pan and cook until golden brown on both sides, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:14.308695616929%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 138.29kcal (6.91%), Fat: 9.3g (14.3%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 5.69g (2.07%), Sugar: 1.68g (1.86%), Cholesterol: 98.53mg (32.84%), Sodium: 1457.35mg (63.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Vitamin K: 75.59µg (71.99%), Vitamin C: 39.38mg (47.74%), Calcium: 188.79mg (18.88%), Vitamin A: 913.39IU (18.27%), Vitamin B2: 0.31mg (18.01%), Manganese: 0.3mg (14.91%), Selenium: 10.13µg (14.47%), Vitamin B6: 0.28mg (14.24%), Phosphorus: 133.26mg (13.33%), Iron: 2.39mg (13.27%), Folate: 44.94µg (11.23%), Fiber: 2.36g (9.42%), Vitamin E: 1.29mg (8.63%), Vitamin B12: 0.51µg (8.54%), Copper: 0.15mg (7.5%), Zinc: 1.11mg (7.37%), Potassium: 235.63mg (6.73%), Magnesium: 25.8mg (6.45%),

Vitamin B5: 0.59mg (5.88%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.83mg (4.13%), Vitamin D: 0.51µg (3.43%)