



S. H. Fernando Jr.'s Spicy Lentil Fritters

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



390 min.

SERVINGS



20

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 to 2 chilies slit green chopped
- 1 sprig curry leaves chopped
- 1 teaspoon fennel seeds
- 1 inch ginger finely chopped (2.5 cm)
- 20 servings cooking oil for frying
- 1 onion chopped
- 500 ml peas split yellow dry
- 20 servings salt to taste

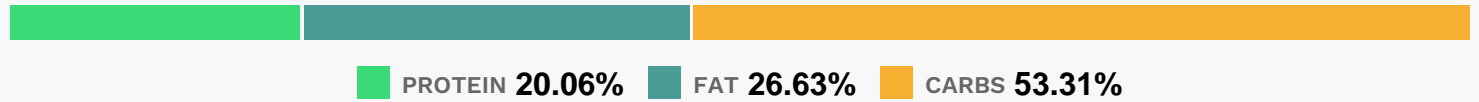
Equipment

- paper towels

Directions

- Soak split peas in water for at least 6 hours.
- Wash and grind split peas to a smooth, thick paste.
- Mix in all other ingredients except the oil.
- Form mixture into golf-ball-size balls. Cup each ball in both hands and flatten slightly so the middle is thicker than the edges.
- Deep fry in oil heated to 350 degrees F (175 degrees C) until golden brown.
- Remove to newspaper or paper towel to drain excess oil and cool slightly. They can be served hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:2.1, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:6.0065217199533%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 101.05kcal (5.05%), Fat: 3.07g (4.72%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 13.8g (4.6%), Net Carbohydrates: 8.06g (2.93%), Sugar: 2.2g (2.45%), Cholesterol: 0mg (0%), Sodium: 227.24mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Fiber: 5.75g (23%), Folate: 69.87µg (17.47%), Manganese: 0.3mg (15.23%), Vitamin B1: 0.15mg (10.28%), Copper: 0.18mg (9.22%), Vitamin B3: 1.77mg (8.83%), Phosphorus: 78.42mg (7.84%), Magnesium: 25.05mg (6.26%), Potassium: 215.43mg (6.16%), Iron: 0.96mg (5.31%), Vitamin K: 5.04µg (4.8%), Vitamin C: 3.9mg (4.73%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.37mg (3.73%), Vitamin E: 0.51mg (3.4%), Vitamin B2: 0.05mg (2.75%), Vitamin B6: 0.04mg (2.19%), Calcium: 14.5mg (1.45%)