



Skinny Carrot Fritters

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby carrots
- 0.1 cup bread crumbs italian (style
- 0.5 tsp ground pepper
- 1 cup bob's mill garbanzo bean flour
- 1 tbsp cilantro leaves chopped ()
- 0.8 tsp salt
- 0.5 tbsp sriracha
- 0.1 cup water

Equipment

- frying pan
- mixing bowl

Directions

- Grind the carrots in a grinder. (You may grate the carrots as well if desired).In a mixing bowl combine all the ingredients and mix properly with a spoon.
- Let it stand for few minutes.In the meantime heat the nonstick pan/griddle in a medium flame. Grease the pan with cooking spray/oil.
- Pour the 1 tbsp. spoonful of the mix onto the pan and cook for some time.Once it starts to cook flip to the other side and cook for few minutes or until light golden in color and lightly crispy in texture.
- Serve hot or at room temperature.

Nutrition Facts

 **PROTEIN 20.11%**  **FAT 15.29%**  **CARBS 64.6%**

Properties

Glycemic Index:7.81, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:4.3060869565217%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 100%, Saltiness: 39.43%, Sourness: 11.15%, Bitterness: 57.95%, Savoriness: 0.47%, Fattiness: 10.23%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 36.07kcal (1.8%), Fat: 0.61g (0.94%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 137.96mg (6%), Protein: 1.81g (3.62%), Vitamin A: 2235.23IU (44.7%), Folate: 37.33µg (9.33%), Manganese: 0.15mg (7.29%), Fiber: 1.3g (5.2%), Copper: 0.09mg (4.26%), Magnesium: 14.22mg (3.56%), Potassium: 103.72mg (2.96%), Iron: 0.52mg (2.88%), Phosphorus: 28.63mg (2.86%), Vitamin B1: 0.04mg (2.79%), Vitamin B6: 0.06mg (2.79%), Vitamin K: 2.32µg (2.21%), Zinc: 0.24mg (1.61%), Vitamin B3: 0.24mg (1.19%), Selenium: 0.77µg (1.1%), Vitamin B5: 0.11mg (1.1%)