



Spinach and Feta Fritters



Vegetarian



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggs
- ☐ 0.3 cup feta crumbled ()
- ☐ 0.5 cup flour whole wheat good (flour is also)
- ☐ 1 handful herbs fresh (I used a mixture of parsley, dill and mint)
- ☐ 2 green onions sliced ()
- ☐ 2 tablespoons oil
- ☐ 2 servings salt and pepper to taste
- ☐ 10 ounces pkt spinach cooked roughly chopped (, and squeezed to drain)

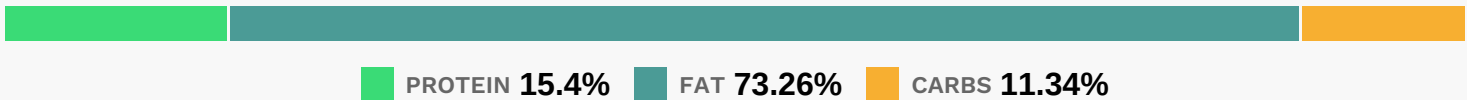
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the spinach, herbs, onions, feta, egg, salt and pepper in a bowl.
- ☐ Mix in the flour. (Note: You want to mix in enough flour that the mixture will hold its form when fried.)
- ☐ Heat the oil in a pan.
- ☐ Spoon the spinach mixture into the pan and cook until golden brown on both sides, about 2-4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:30.357391699501%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 9.24mg, Kaempferol: 9.24mg, Kaempferol: 9.24mg, Kaempferol: 9.24mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 242.92kcal (12.15%), Fat: 20.72g (31.88%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 3.7g (1.34%), Sugar: 0.97g (1.08%), Cholesterol: 98.53mg (32.84%), Sodium: 553.81mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin K: 752.67µg (716.83%), Vitamin A: 13777.74IU (275.55%), Folate: 302.16µg (75.54%), Manganese: 1.32mg (65.8%), Vitamin C: 44.75mg (54.24%), Vitamin E: 5.68mg (37.83%), Vitamin B2: 0.54mg (31.69%), Magnesium: 121.93mg (30.48%), Iron: 4.66mg (25.89%), Calcium: 256.69mg (25.67%), Potassium: 878.08mg (25.09%), Vitamin B6: 0.4mg (20.17%), Phosphorus: 182.7mg (18.27%), Selenium: 11.21µg (16.02%), Fiber: 3.52g (14.09%), Copper: 0.22mg (11.01%), Zinc: 1.65mg (11%), Vitamin B1: 0.16mg (10.52%), Vitamin B12: 0.51µg (8.54%), Vitamin B3: 1.33mg (6.65%), Vitamin B5: 0.63mg (6.29%), Vitamin D: 0.51µg (3.43%)