



Stacey's Fabulous Broccoli Fritters

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head broccoli diced
- 2 cups cornmeal
- 6 extra large eggs beaten
- 2 cloves garlic minced
- 30 servings ground pepper black to taste
- 30 servings oil for frying
- 1 onion diced
- 0.5 cup parmesan cheese grated

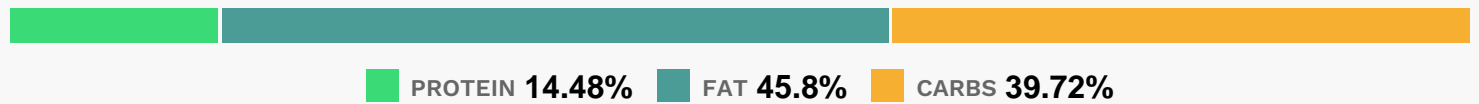
Equipment

- bowl
- frying pan

Directions

- In a large bowl combine broccoli, garlic, onion and eggs; mix well. Stir in Parmesan and cornmeal; mix well. Form into patties. If mixture is too dry, add another egg; if too wet, add more cornmeal. Season with pepper to taste.
- Heat 1 inch of oil in a large, deep skillet.
- Place patties in hot oil; cook, turning once, until well browned on each side.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:4.98, Inflammation Score:-3, Nutrition Score:5.8008695685345%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 97.39kcal (4.87%), Fat: 5.04g (7.75%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 8.22g (2.99%), Sugar: 0.71g (0.79%), Cholesterol: 43.11mg (14.37%), Sodium: 52.38mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin C: 18.41mg (22.32%), Vitamin K: 22.93µg (21.84%), Selenium: 5.22µg (7.45%), Phosphorus: 71.5mg (7.15%), Manganese: 0.14mg (6.79%), Fiber: 1.62g (6.46%), Vitamin B6: 0.13mg (6.28%), Folate: 22.46µg (5.61%), Vitamin E: 0.82mg (5.44%), Vitamin B2: 0.09mg (5.41%), Magnesium: 18.11mg (4.53%), Zinc: 0.64mg (4.25%), Vitamin A: 201.8IU (4.04%), Iron: 0.69mg (3.83%), Vitamin B5: 0.36mg (3.63%), Vitamin B1: 0.05mg (3.55%), Potassium: 124.18mg (3.55%), Calcium: 32.81mg (3.28%), Copper: 0.05mg (2.38%), Vitamin B3: 0.41mg (2.04%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.23µg (1.55%)