



Stuffed courgette flowers

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

Ingredients

- ☐ 8 courgette flowers with small courgette attached
- ☐ 4 servings unrefined sunflower oil for frying
- ☐ 1 large eggs
- ☐ 100 g flour plain
- ☐ 1 pinch bicarbonate of soda
- ☐ 200 ml iced water
- ☐ 250 g ricotta
- ☐ 150 g block goat's cheese soft

- ☐ 1 lemon zest
- ☐ 0.5 chilli red finely chopped
- ☐ 1 small handful mint leaves chopped
- ☐ 2 large tomatoes diced ripe deseeded finely
- ☐ 2 tbsp olive oil
- ☐ 1 small handful mint leaves finely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ To make the batter, whisk the egg, flour and bicarb together in a wide bowl. Gradually pour in the iced water, whisking continuously, until you have a smooth batter the consistency of double cream. Set aside.
- ☐ In a separate bowl, beat all the filling ingredients together with some seasoning until well mixed. To make the dressing, mix all the ingredients in a third bowl with some seasoning and set aside.
- ☐ Gently open up each flower and remove the stamen if there is one.
- ☐ Place spoonfuls of filling inside. Close the flower, twisting the ends of the petals to seal.
- ☐ Heat a deep-fryer to 180C. (If you don't have a deep-fryer, see right.) Working in batches so you don't overcrowd the pan, dip the flowers in the batter and fry for 2 mins, then use a slotted spoon to carefully flip them and fry for another 2 mins until crisp.
- ☐ Drain on kitchen paper and leave in a warm place while you fry the rest.
- ☐ Sprinkle with a little salt and serve 2 flowers on each plate with a circle of dressing around the outside of the plate.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:16.67, Inflammation Score:-9, Nutrition Score:31.918695698614%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 490.63kcal (24.53%), Fat: 28.74g (44.21%), Saturated Fat: 12.68g (79.28%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 31.74g (11.54%), Sugar: 13.17g (14.63%), Cholesterol: 95.63mg (31.88%), Sodium: 316.92mg (13.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.77%), Vitamin C: 93.29mg (113.08%), Manganese: 1.05mg (52.34%), Vitamin B2: 0.84mg (49.54%), Vitamin A: 2414.29IU (48.29%), Vitamin B6: 0.9mg (44.91%), Folate: 175.12µg (43.78%), Phosphorus: 421.36mg (42.14%), Potassium: 1390.13mg (39.72%), Selenium: 23.25µg (33.21%), Copper: 0.62mg (30.86%), Vitamin B1: 0.45mg (30.15%), Vitamin K: 30.67µg (29.21%), Calcium: 273.67mg (27.37%), Magnesium: 104.06mg (26.02%), Fiber: 6.09g (24.36%), Iron: 4.24mg (23.53%), Vitamin E: 3.45mg (22.97%), Vitamin B3: 4.13mg (20.65%), Zinc: 2.86mg (19.07%), Vitamin B5: 1.59mg (15.93%), Vitamin B12: 0.4µg (6.58%), Vitamin D: 0.52µg (3.5%)