



HEALTH SCORE

66%

Stuffed courgette flowers with olive dressing



Vegetarian



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



648 kcal

SIDE DISH

Ingredients

- ☐ 100 g flour plain
- ☐ 100 g cornstarch
- ☐ 200 ml seltzer water cold
- ☐ 300 g mozzarella cheese
- ☐ 12 zucchini
- ☐ 4 servings unrefined sunflower oil for deep frying
- ☐ 1 small handful olive green good pitted chopped
- ☐ 2 tomatoes diced ripe deseeded

- ☐ 1 tbsp citrus champagne vinegar
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 1 small bunch basil thinly sliced

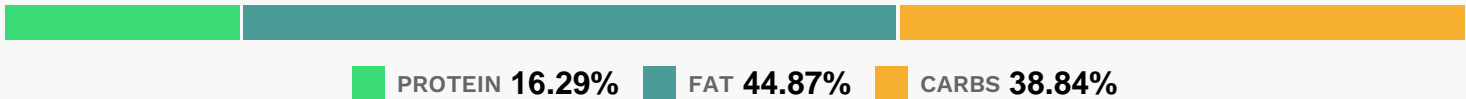
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ For the dressing, combine the olives, tomatoes and vinegar with seasoning and enough of the oil to bind. Set aside, then add the basil just before serving.
- ☐ Sieve the flours with a pinch of salt into a large bowl and make a well in the centre.
- ☐ Pour in the water and stir to combine. Do not overbeat the mixture it should be just combined and can have a few lumps.
- ☐ Drain and pat the mozzarella balls dry, tear into small pieces, then season. To stuff the flowers, open the petals, pop in some mozzarella, then gently twist the petals to re-seal them.
- ☐ Heat the sunflower oil in a large pan until a cube of bread browns in 20 secs. Drop the flowers into the batter, then remove, shaking off excess. Fry in batches of 2 or 3 until lightly golden, drain on kitchen paper and season with a little salt. Keep warm in a low oven as you cook the rest. Pile onto a platter and drizzle with the dressing.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:16.75, Inflammation Score:-10, Nutrition Score:37.768261121667%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 648.27kcal (32.41%), Fat: 33.1g (50.93%), Saturated Fat: 12.24g (76.52%), Carbohydrates: 64.47g (21.49%), Net Carbohydrates: 56.76g (20.64%), Sugar: 17.19g (19.1%), Cholesterol: 59.25mg (19.75%), Sodium: 612.2mg (26.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.09%), Vitamin C: 114.06mg (138.25%), Manganese: 1.34mg (67.11%), Phosphorus: 535.57mg (53.56%), Vitamin B2: 0.9mg (53.06%), Vitamin B6: 1.05mg (52.55%), Potassium: 1775.49mg (50.73%), Folate: 202.85µg (50.71%), Calcium: 492.2mg (49.22%), Vitamin A: 2320.45IU (46.41%), Vitamin K: 46.78µg (44.56%), Magnesium: 136.33mg (34.08%), Vitamin B1: 0.51mg (33.86%), Selenium: 23.15µg (33.07%), Fiber: 7.72g (30.86%), Zinc: 4.44mg (29.57%), Vitamin B12: 1.71µg (28.5%), Vitamin E: 4.06mg (27.09%), Vitamin B3: 4.6mg (23.01%), Iron: 4.12mg (22.88%), Copper: 0.42mg (21.09%), Vitamin B5: 1.47mg (14.75%), Vitamin D: 0.3µg (2%)