



Stuffed Zucchini Blossoms with Heirloom Tomato Salad

READY IN



38 min.

SERVINGS



4

CALORIES



569 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup chiffonade basil leaves
- ☐ 1 cup flour all-purpose
- ☐ 3 to 4 heirloom tomatoes cut into wedges use different sizes and colors
- ☐ 4 servings kosher salt
- ☐ 0.5 pound mozzarella cheese fresh dry cubed
- ☐ 4 servings high quality olive oil extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 4 servings red wine vinegar

- ☐ 3 to 4 scallions sliced thin
- ☐ 4 servings vegetable oil for frying
- ☐ 0.5 cup white wine
- ☐ 8 zucchini flowers

Equipment

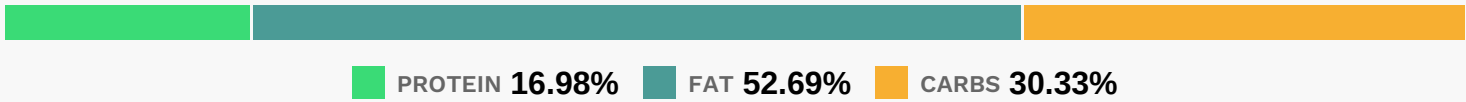
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, toss together the mozzarella, Parmesan and 2 tablespoons of the basil chiffonade. Gently stick your finger inside the flower all the way to the base where the flower meets the stem and carefully break off the stamen. When doing this be careful not to rip through the flower. Squeeze 2 tablespoons of the mozzarella mixture into an oblong shape and gently stuff it into each flower. Squeeze the flower around the cheese to close. Reserve.
- ☐ Toss the tomatoes together with the scallions and remaining basil in a large bowl.
- ☐ Sprinkle with salt and add a drizzle of red wine vinegar and extra-virgin olive oil. Taste to make sure it is delicious and adjust seasoning, if needed.
- ☐ In a small bowl, combine the flour and 1/2 cup of white wine.
- ☐ Mix until it becomes a loose batter adding more white wine, if necessary.
- ☐ Add peanut oil to a saucepan until it reaches a depth of 1-inch.
- ☐ Heat the oil over medium-high heat. Test the oil by dropping a couple of beads of the batter into it. When they float instantly the oil is ready. If the oil begins to smoke, it is too hot. Set up a paper towel drying situation before frying the flowers.
- ☐ Dip the flowers, 1 at time, into the batter and carefully drop them into the oil. Fry on both sides until they are golden brown, about 3 to 4 minutes.
- ☐ Remove the flowers from the oil, drain on paper towels and sprinkle with salt. Continue with the remaining flowers.
- ☐ Arrange the tomato salad on 4 salad plates and top each plate with 2 flowers.

☐ What a delicious flower!

Nutrition Facts



Properties

Glycemic Index:74.75, Glycemic Load:20.09, Inflammation Score:-9, Nutrition Score:33.610434853512%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 568.88kcal (28.44%), Fat: 32.86g (50.55%), Saturated Fat: 11.25g (70.3%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 36.43g (13.25%), Sugar: 13.45g (14.94%), Cholesterol: 49.04mg (16.35%), Sodium: 689.7mg (29.99%), Alcohol: 3.09g (100%), Alcohol %: 0.6% (100%), Protein: 23.82g (47.65%), Vitamin C: 84.79mg (102.78%), Vitamin K: 64.2µg (61.14%), Manganese: 1.1mg (55%), Phosphorus: 458.91mg (45.89%), Calcium: 449.36mg (44.94%), Folate: 176.59µg (44.15%), Vitamin B2: 0.73mg (43.2%), Vitamin A: 2153.4IU (43.07%), Potassium: 1376.73mg (39.34%), Vitamin B6: 0.78mg (38.8%), Selenium: 22.51µg (32.16%), Vitamin B1: 0.48mg (32.15%), Magnesium: 107.64mg (26.91%), Fiber: 6.13g (24.51%), Zinc: 3.54mg (23.62%), Vitamin B12: 1.37µg (22.8%), Vitamin E: 3.42mg (22.77%), Vitamin B3: 4.33mg (21.65%), Iron: 3.82mg (21.19%), Copper: 0.33mg (16.53%), Vitamin B5: 1.15mg (11.5%), Vitamin D: 0.26µg (1.72%)