

Summer Squash Puffs

 Dairy Free  Popular

READY IN



40 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.7 cup corn muffin mix dry
- ☐ 2 eggs beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 1 quart oil for frying
- ☐ 1 medium onion grated
- ☐ 0.8 teaspoon salt
- ☐ 4 summer squash cut into chunks.

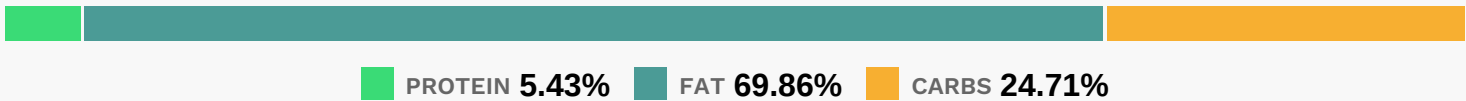
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Heat the oil in a deep, heavy skillet or deep fryer to 365 degrees F (185 degrees C).
- ☐ Place the squash in a pot with enough water to cover. Bring to a boil, and cook 10 minutes, or until tender.
- ☐ Drain, and mash.
- ☐ In a bowl, mix 2 cups squash*, onion, and eggs. In a separate bowl, mix the flour, corn muffin mix, baking powder, and salt. Thoroughly blend the squash mixture into the flour mixture.
- ☐ Drop the squash and flour mixture by rounded tablespoons into the hot oil, and fry until evenly brown and crisp.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:3.5017391132272%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 111.21kcal (5.56%), Fat: 8.81g (13.55%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.23g (2.26%), Sugar: 1.73g (1.93%), Cholesterol: 13.72mg (4.57%), Sodium: 146.12mg (6.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin E: 1.47mg (9.78%), Vitamin C: 5.9mg (7.15%), Vitamin K: 6.84µg (6.51%), Folate: 22.06µg (5.52%), Vitamin B2: 0.09mg (5.42%), Phosphorus: 51.21mg (5.12%), Manganese: 0.1mg (5.02%), Vitamin B6: 0.09mg (4.47%), Vitamin B1: 0.06mg (4.22%), Selenium: 2.61µg (3.73%), Fiber: 0.79g (3.14%), Calcium: 30.39mg (3.04%), Potassium: 105.56mg (3.02%), Iron: 0.48mg (2.69%), Vitamin B3: 0.5mg (2.52%), Magnesium: 8.25mg (2.06%), Vitamin A: 89.73IU (1.79%), Copper: 0.03mg (1.48%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.2mg (1.31%)