



Sweet Pumpkin Fritters



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



3 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 tablespoons ingredients: water sugar honey1 teaspoon lemon rind1 teaspoon orange rind)

Equipment



bowl



frying pan

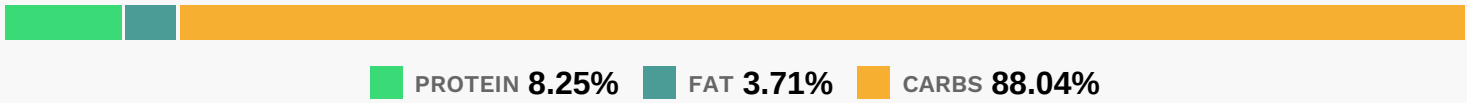
Directions



Mix the pumpkin, walnuts, raisins, sugar, spices, flour and egg in a bowl.

- ☐
- Heat the oil in a pan.
- ☐
- Spoon the pumpkin mixture into the pan and cook until golden brown on both sides, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.68217391650314%

Nutrients (% of daily need)

Calories: 2.82kcal (0.14%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 0.36mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 7.74mg (9.38%), Fiber: 0.64g (2.54%)