



Zucchini Fritters



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 cups all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 6 servings canola oil for deep-frying
- ☐ 0.3 cup cornstarch
- ☐ 1 teaspoon salt
- ☐ 2 cups porter dark chilled
- ☐ 4 medium zucchini
- ☐ 12 zucchini blossoms

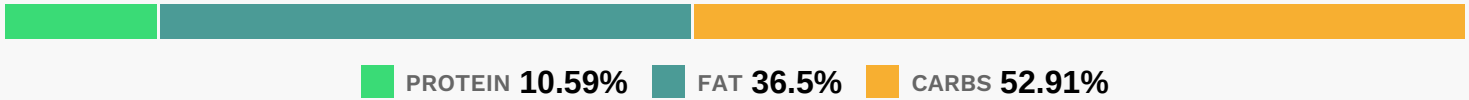
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Pour enough oil into heavy large saucepan to measure 3 inches in depth.
- ☐ Heat oil over medium heat until deep-fry thermometer registers 350°F.
- ☐ Mix flour, cornstarch, baking powder and salt in large bowl.
- ☐ Add stout.
- ☐ Whisk until smooth batter forms. Working in batches of 5 or 6 zucchini slices or blossoms and using tongs, dip zucchini slices and blossoms into batter and add to hot oil. Cook until golden brown, about 2 minutes per side. Using slotted spoon, transfer fritters to paper towels and drain.
- ☐ Sprinkle fritters with salt and serve.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:23.42, Inflammation Score:-9, Nutrition Score:28.423043613848%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 400.53kcal (20.03%), Fat: 16.03g (24.67%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 46.03g (16.74%), Sugar: 13.17g (14.63%), Cholesterol: 0mg (0%), Sodium: 645.75mg (28.08%), Alcohol: 3.07g (100%), Alcohol %: 0.59% (100%), Protein: 10.47g (20.93%), Vitamin C: 93.56mg (113.4%), Manganese: 1.18mg (59.21%), Folate: 196.88µg (49.22%), Vitamin B6: 0.9mg (45.21%), Potassium: 1425.05mg (40.72%), Vitamin B2: 0.69mg (40.65%), Vitamin B1: 0.53mg (35.02%), Vitamin K: 32.57µg (31.02%), Phosphorus: 293.52mg (29.35%), Magnesium: 107.53mg (26.88%), Fiber: 6.26g (25.05%), Vitamin B3: 4.91mg (24.57%), Iron: 3.89mg (21.61%), Calcium: 210.11mg (21.01%), Vitamin A: 1045.33IU (20.91%), Vitamin E: 3.1mg (20.66%), Selenium: 14.03µg (20.04%), Copper: 0.34mg (16.83%), Zinc: 1.94mg (12.93%), Vitamin B5: 1.26mg (12.58%)