

Cauliflower Fritters

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 40 appetizers

1 1/4 pounds cauliflower
1/2 cup besan flour
1/2 teaspoon salt
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
pinch cayenne pepper
1 egg, lightly beaten
1 egg yolk
oil (for deep frying)

Preparation Time: 15 minutes

Cook Time: 15 minutes

Cut the cauliflower into bite-sized florets. Sift the flour and spices into a bowl. Stir in 1/2 teaspoon of salt. Make a well in the center.

In a bowl, combine 1/4 cup of water with the egg and egg yolk. Gradually pour into the well, whisking to make a smooth, lump-free batter. Cover and leave for 30 minutes.

Fill a deep, heavy skillet one-third full with oil. Heat to 350 degrees or until a cube of bread dropped into the oil browns in 15 seconds. Holding the florets by the stem, dip into the batter, draining the excess back into the bowl.

Deep-fry in batches for 3 to 4 minutes or until puffed and brown. Drain.

Season and serve hot.

Per Serving (excluding unknown items): 303 Calories; 13g Fat (33.9% calories from fat); 21g Protein; 34g Carbohydrate; 15g Dietary Fiber; 425mg Cholesterol; 1321mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 5 1/2 Vegetable; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	303	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	33.9%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	40.7%	Thiamin B1 (mg):	.4mg

% Calories from Protein: 25.4%
 Total Fat (g): 13g
 Saturated Fat (g): 3g
 Monounsaturated Fat (g): 5g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 425mg
 Carbohydrate (g): 34g
 Dietary Fiber (g): 15g
 Protein (g): 21g
 Sodium (mg): 1321mg
 Potassium (mg): 1952mg
 Calcium (mg): 234mg
 Iron (mg): 8mg
 Zinc (mg): 3mg
 Vitamin C (mg): 264mg
 Vitamin A (i.u.): 725IU
 Vitamin A (r.e.): 183 1/2RE

Riboflavin B2 (mg): .7mg
 Folic Acid (mcg): 373mcg
 Niacin (mg): 3mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refused: n n%

Food Exchanges

Grain (Starch): 1/2
 Lean Meat: 1
 Vegetable: 5 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 303 **Calories from Fat:** 103

% Daily Values*

Total Fat	13g	20%
Saturated Fat	3g	17%
Cholesterol	425mg	142%
Sodium	1321mg	55%
Total Carbohydrates	34g	11%
Dietary Fiber	15g	60%
Protein	21g	
Vitamin A		15%
Vitamin C		440%
Calcium		23%
Iron		44%

* Percent Daily Values are based on a 2000 calorie diet.