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## Cauliflower Cheddar Fritters ♦♦

Cauliflower Cheddar Fritters are delicious and crispy fritters made with fresh cauliflower and cheddar cheese. They are a great vegetarian option for a snack or side dish. These fritters are easy to make and can be enjoyed by everyone.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>500 g</b>	cauliflower
<b>200 g</b>	cheddar cheese
<b>2 units</b>	Eggs
<b>100 g</b>	all-purpose flour
<b>1 tsp</b>	baking powder

1 tsp salt

0.5 tsp black pepper

4 tbsp vegetable oil

## Directions

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### Step 1

#### Cutting

Cut the cauliflower into small florets.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Steaming

Steam the cauliflower florets until tender, about 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

#### Mashing

In a large bowl, mash the steamed cauliflower with a fork.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Add the grated cheddar cheese, eggs, all-purpose flour, baking powder, salt, and black pepper to the bowl. Mix well to combine.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Heating

Heat vegetable oil in a large skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Frying

Scoop about 2 tablespoons of the cauliflower mixture and shape it into a fritter. Place it in the skillet and flatten it slightly with a spatula. Repeat with the remaining mixture.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 7

Frying

Cook the fritters for 3-4 minutes on each side, until golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

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## Step 8

Draining

Transfer the cooked fritters to a paper towel-lined plate to drain excess oil.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Serving

Serve the cauliflower cheddar fritters hot with your favorite dipping sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 220 kcal

**Fat:** 12 g

**Protein:** 10 g

**Carbohydrates:** 18 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	95 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Breads

Salads

Snacks

### Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Easter

### Cost

Under \$10

\$20 to \$30

\$40 to \$50

### Demographics

Kids Friendly

Teen Friendly

## Meal Type

Brunch

Snack

Lunch

## Difficulty Level

Medium

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