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Curried Cauliflower Fritter ♦♦

Curried Cauliflower Fritter is a vegetarian recipe that features crispy fritters made with cauliflower florets and a blend of aromatic spices. It is a popular Indian street food and can be enjoyed as a snack or appetizer. The fritters are crispy on the outside and soft on the inside, with a delicious curry flavor.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

500 g	cauliflower
100 g	chickpea flour
100 g	onion
20 g	Cilantro
2 tsp	curry powder

1 tsp	turmeric powder
1 tsp	cumin powder
1 tsp	salt
4 tbsp	oil

Directions

Step 1

Boiling

Cut the cauliflower into small florets and blanch them in boiling water for 3 minutes. Drain and set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the chickpea flour, curry powder, turmeric powder, cumin powder, and salt. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the blanched cauliflower florets to the flour mixture and mix until the florets are well coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat oil in a frying pan over medium heat. Drop spoonfuls of the cauliflower mixture into the hot oil and flatten them slightly with the back of the spoon.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Frying

Cook the fritters for 2-3 minutes on each side until golden brown and crispy. Remove from the pan and drain on a paper towel.

Prep Time: 0 mins

Cook Time: 6 mins

Nutrition Facts

Calories: 180 kcal

Fat: 6 g

Protein: 8 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
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	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Brunch Lunch Snack

Difficulty Level

Medium

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