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Ackee Fritters ^{••}

Ackee fritters are a popular Jamaican dish made with ackee, a tropical fruit native to West Africa. The fritters are crispy on the outside and soft on the inside, with a savory flavor that pairs well with a variety of sauces and dips. They are often served as an appetizer or snack, but can also be enjoyed as a main course. The recipe for ackee fritters has been passed down through generations and is a beloved dish in Jamaican cuisine.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|-------------------|
| 400 g | ackee |
| 200 g | all-purpose flour |
| 50 g | scallions |

| | |
|--------|---------------|
| 50 g | onion |
| 50 g | bell pepper |
| 5 g | Thyme |
| 5 g | salt |
| 2 g | black pepper |
| 200 ml | vegetable oil |

Directions

Step 1

Preparation

Drain and rinse the ackee.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the scallions, onion, and bell pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the ackee, chopped vegetables, thyme, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Gradually add the all-purpose flour to the ackee mixture, stirring until a thick batter forms.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Heating

Heat vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Frying

Drop spoonfuls of the ackee batter into the hot oil and fry until golden brown on both sides.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Draining

Remove the fritters from the pan and drain on paper towels to remove excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 5 g | 29.41% | 29.41% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 35 g | 63.64% | 70% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 2 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 10 g | 35.71% | 40% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin C | 30 mg | 33.33% | 40% |
| Vitamin B6 | 0 mg | 0% | 0% |
| 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 | 200 mg | 8.7% | 8.7% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 6 mg | 75% | 33.33% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 10 mcg | 18.18% | 18.18% |

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

Lunch

Snack

Supper

Difficulty Level

Easy

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