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## Low Carb Cheesy Fritter Puffs <sup>♦</sup>

These Low Carb Cheesy Fritter Puffs are a delicious and healthy snack option. They are made with a combination of low carb ingredients and are packed with cheesy flavor. These fritter puffs are perfect for anyone following a low carb diet or looking for a tasty and nutritious snack.

**Recipe Type:** Standard

**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>300 g</b>	cauliflower
<b>2 pieces</b>	Egg
<b>50 g</b>	almond flour
<b>100 g</b>	Cheddar Cheese

<b>50 g</b>	Parmesan Cheese
<b>30 g</b>	Green Onions
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Grating

Grate the cauliflower using a food processor or a grater.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a large bowl, combine the grated cauliflower, almond flour, cheddar cheese, Parmesan cheese, green onions, garlic powder, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Add the eggs to the bowl and mix until well combined.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Scooping

Scoop the mixture onto a baking sheet lined with parchment paper, forming small puffs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake in the preheated oven for 20 minutes, or until the puffs are golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 7

Cooling

Remove from the oven and let cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 8 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	40 mg	44.44%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	7 mcg	12.73%	12.73%

## Recipe Attributes

### Nutritional Content

Low Carb

### Course

Appetizers

Main Dishes

Snacks

### Cultural

Chinese New Year

## Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Volumetrics Diet

Body for Life Diet Vegetarian Diet Vegan Diet Pescatarian Diet

Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet Engine 2 Diet

Anti-Inflammatory Diet Nutrient Timing Diet The Gerson Therapy

The Sleeping Beauty Diet The Israeli Army Diet The Best Life Diet

## Meal Type

Snack Supper

## Difficulty Level

Medium

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