



Carrot Fritters

monashfodmap.com

A delicious way to use up carrots sitting in the fridge!

Servings: 6 → 42

PREP TIME	COOKING TIME	TOTAL TIME
10 MIN	15 MIN	25 MIN

Ingredients

42 carrots, medium sized
1 3/4 cups spring onion, greens of
2 tablespoons plus 1 teaspoon cumin seed
2 tablespoons plus 1 teaspoon coriander seed
3 1/2 cups coriander, chopped
14 large eggs, whisked
3 1/2 cups all purpose flour
1 tablespoon plus 1/2 teaspoon salt
3/4 cup plus 2 tablespoons olive oil
Extra herbs for garnish (e.g. dill, parsley)

Nutrition

Calories 128, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 4g, Cholesterol 62mg, Sodium 233mg, Total Carbohydrates 13g, Dietary Fiber 2g, Sugar 1g, Protein 4g, Vitamin A 8111IU, Vitamin C 16mg, Calcium 63mg, Iron 2mg, Phosphorous 74mg, Potassium 271mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Prep carrots, onion, coriander and herbs as directed above.
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
3. In a bowl, mix together the carrots, spring onion greens, spices, coriander, flour, whisked eggs and salt. Stir until combined.
4. Heat olive oil in a fry pan on medium heat or heat on a griddle. Portion 1/2 cup of carrot mixture into the pan or on the griddle using a #8 scoop. Push down with the back of the spoon to flatten the balls into patties. Fry until golden and to the stated CCP temperature, approximately 2-3 minutes on each side.
CCP: Cook to a minimum internal temperature of 135 °F (57°C).
5. Once fritters are cooked, place on a plate lined with a paper towel to absorb the excess oil. Garnish with desired herbs.
6. Hold for service.
CCP: Hold at an internal temperature of 135°F (57°C) and above.

Serving instructions

Serve 2 each using a spatula for approved diet types and textures.

DIET TYPES

Diabetic (CCHO): YES

Heart Healthy/Cardiac: YES

Low Sodium: YES

Vegetarian: YES

Gluten Free: Buttered Carrots

TEXTURES & CONSISTENCIES

FF: YES

EC7/Soft: YES, if soft enough to be broken apart with the side of a spoon or fork

SB6: Soft & Bite Sized Buttered Carrots

MM5: Minced & Moist Buttered Carrots

PU4: Pureed Buttered Carrots

Allergens

egg, gluten, wheat

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.10.25. Updated 7.13.26. Upcycle: use leftover raw carrots in this recipe.

Equipment

bowl, fry pan or griddle, #8 scoop, spoon, spatula

Tags

april collection, upcycle, easy to chew, easy, finger food, soft, regular, heart healthy/cardiac, diabetic, low sodium, dairy free, vegetarian, spatula, spoon, #8 scoop, fry pan or griddle, bowl, low fodmap, fodmaps, vegetable, appetizer, side dish, snack, dinner, lunch, parent recipe, monash university
