

# Fried Squash Blossoms

Yield: 15 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/squash-blossoms-chinese-recipe>

## Ingredients:

- 3/4 cup cornstarch
- 1 teaspoon baking powder
- 1/4 teaspoon cracked black pepper fresh
- 1/4 cup flour all-purpose
- 1/2 teaspoon season salt
- 1/2 cup water
- 1 egg slightly beaten
- 15 squash blossoms
- 1/2 cup ricotta cheese
- 1/4 cup mayonnaise
- 1 teaspoon dried oregano
- 1 tablespoon bread crumbs
- peanut
- canola oil
- kosher salt
- cracked black pepper

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 130 milligrams

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