

# Pumpkin Fritters



5 from 2 votes

These Pumpkin fritters are simple to make and so delicious!

Prep Time 5 mins	Cook Time 15 mins	Total Time 20 mins
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Course: dinner    Cuisine: American    Diet: Vegetarian    Servings: 9 fritters

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## Ingredients

- 2 cups grated pumpkin I use the larger grate option on my box grater
- 1/3 cup parmesan cheese shredded
- 1/2 teaspoon garlic powder
- 1 egg
- 1 1/2 teaspoons baking powder
- 1 tablespoon fresh rosemary finely chopped
- 4 tablespoons flour
- 1/2 teaspoon salt and pepper
- Oil for frying

## Instructions

1. In a large bowl, combine the pumpkin, parmesan, garlic powder, egg, and rosemary. Stir to combine.  
2 cups grated pumpkin, 1/3 cup parmesan cheese, 1/2 teaspoon garlic powder, 1 egg,  
1 tablespoon fresh rosemary
2. Add in the flour, salt and pepper, and baking powder. Mix to combine.  
1 1/2 teaspoons baking powder, 4 tablespoons flour, 1/2 teaspoon salt and pepper
3. In a medium-large skillet, heat a thin layer of oil until hot. Taking about 1/8 cup of the pumpkin batter, put it into the hot oil and flatten lightly with your hands (be careful!).  
Oil for frying
4. Cook until golden brown on each side, about 3-4 minutes per side.

## Nutrition

Calories: 42kcal | Carbohydrates: 5g | Protein: 3g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.5g | Trans Fat: 0.002g | Cholesterol: 21mg | Sodium: 267mg | Potassium: 105mg | Fiber: 0.3g | Sugar: 1g | Vitamin A: 2256IU | Vitamin C: 2mg | Calcium: 93mg | Iron: 1mg

Pumpkin Fritters - <https://foodwithfeeling.com/pumpkin-fritters/>



