

Low-Glycemic Cauliflower Fritters with Avocado

Crispy golden fritters made with cauliflower rice, creamy avocado, and eggs—a delicious low-carb alternative that keeps blood sugar stable while satisfying your cravings.

Prep: 15 min

Cook: 18 min

Total: 33 min

Servings: 4

GL 1.1 / GI 26

Ingredients

Low GI vegetable, excellent for blood sugar control cauliflower, riced

Contains quercetin which may help regulate blood sugar red onion, diced

High-quality protein with zero glycemic impact large eggs

Healthy fats slow glucose absorption ripe avocado

sea salt

black pepper, freshly ground

May help improve insulin sensitivity garlic powder

Adds fresh flavor without carbohydrates fresh cilantro, chopped

Heart-healthy fat that doesn't raise blood sugar Extra Virgin Olive Oil

Instructions

Step 1

Prepare your ingredients by ensuring the cauliflower is finely riced and the red onion is diced into small, uniform pieces. Pat the riced cauliflower with paper towels to remove excess moisture, which will help the fritters hold together better and achieve a crispier texture.

Step 2

In a large mixing bowl, crack the eggs and whisk them lightly. Add the riced cauliflower and diced red onion to the bowl, stirring thoroughly to ensure the eggs coat all the vegetables evenly.

Step 3

Cut the avocado into small chunks, approximately half-inch pieces. Gently fold the avocado pieces into the cauliflower mixture, being careful not to mash them completely—you want some texture remaining for richness in every bite.

Step 4

Season the mixture with sea salt, black pepper, garlic powder, and chopped cilantro. Stir everything together until the seasonings are evenly distributed throughout. The mixture should hold together when pressed but still feel slightly loose.

Step 5

Heat the olive oil in a large non-stick skillet over medium heat for about 2 minutes until shimmering but not smoking. While the pan heats, use your hands to form the cauliflower mixture into small patties about 3 inches in diameter and half-inch thick, pressing firmly to compact them.

Step 6

Carefully place 3-4 fritters in the skillet, leaving space between each one. Cook undisturbed for 3-4 minutes until the bottom is golden brown and crispy. Resist the urge to move them during this time—this allows a proper crust to form that holds the fritters together.

Step 7

Using a wide spatula, gently flip each fritter and cook for an additional 3-4 minutes on the second side until golden brown and cooked through. The fritters should feel firm when pressed gently with the spatula.

Step 8

Transfer the cooked fritters to a plate lined with paper towels to absorb any excess oil. Repeat the cooking process with the remaining mixture, adding a bit more olive oil to the pan if needed. Serve warm with a dollop of Greek yogurt, sour cream, or sugar-free salsa for a complete low-glycemic meal.