



Connie's Zucchini "Crab" Cakes



Vegetarian



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



179 kcal

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon old bay seasoning tm
- ☐ 0.3 cup onion minced
- ☐ 0.5 cup vegetable oil for frying
- ☐ 2.5 cups zucchini grated

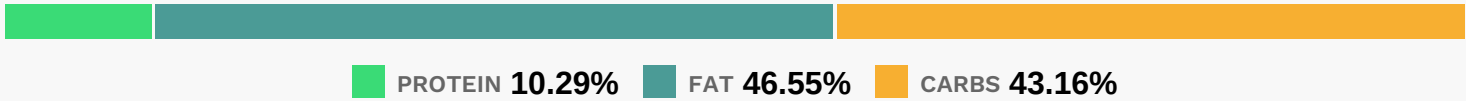
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, combine zucchini, egg, and butter or margarine. Stir in seasoned crumbs, minced onion, and seasoning.
- ☐ Mix well.
- ☐ Shape mixture into patties. Dredge in flour.
- ☐ In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:3.18, Inflammation Score:-4, Nutrition Score:7.4082608326622%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 178.6kcal (8.93%), Fat: 9.32g (14.33%), Saturated Fat: 3.46g (21.65%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 17.82g (6.48%), Sugar: 2.74g (3.05%), Cholesterol: 37.31mg (12.44%), Sodium: 176.77mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Vitamin B1: 0.25mg (16.35%), Manganese: 0.33mg (16.3%), Vitamin K: 13.17µg (12.54%), Selenium: 8.76µg (12.51%), Vitamin C: 9.78mg (11.86%), Folate: 46.5µg (11.63%), Vitamin B2: 0.18mg (10.85%), Vitamin B3: 1.76mg (8.8%), Iron: 1.56mg (8.69%), Phosphorus: 73.1mg (7.31%), Vitamin B6: 0.13mg (6.66%), Fiber: 1.62g (6.47%), Potassium: 198.96mg (5.68%), Vitamin A: 268.46IU (5.37%), Calcium: 52.07mg (5.21%), Magnesium: 20.57mg (5.14%), Copper: 0.09mg (4.57%), Zinc: 0.58mg (3.89%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.35mg (3.53%), Vitamin B12: 0.14µg (2.27%)