



Courgette fritters

READY IN



15 min.

SERVINGS



2

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium zucchini grated
- ☐ 2 tbsp self raising flour
- ☐ 25 g parmesan finely grated
- ☐ 1 tbsp olive oil
- ☐ 170 g roasted peppers red

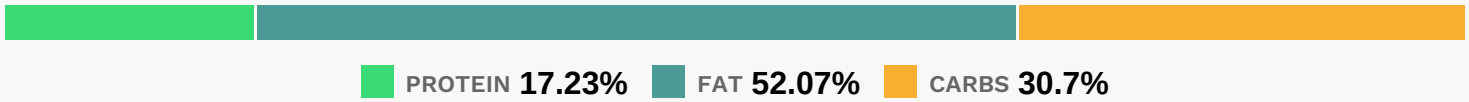
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine the grated courgette, flour and parmesan. Shape into walnut-size balls, then flatten.
- ☐ Heat a non-stick frying pan over a medium heat and add the oil. Fry the fritters for 2-3 mins on each side until golden brown.
- ☐ Serve straight away with red pepper hummus.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:4.02, Inflammation Score:-8, Nutrition Score:15.532174085793%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 184.77kcal (9.24%), Fat: 11.23g (17.27%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 11.74g (4.27%), Sugar: 5.02g (5.58%), Cholesterol: 8.5mg (2.83%), Sodium: 1379.86mg (59.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Vitamin C: 74.61mg (90.44%), Manganese: 0.54mg (27.04%), Vitamin B6: 0.48mg (24.24%), Calcium: 215.33mg (21.53%), Potassium: 654.23mg (18.69%), Vitamin A: 931.77IU (18.64%), Phosphorus: 185.02mg (18.5%), Folate: 63.83µg (15.96%), Vitamin B2: 0.26mg (15.03%), Magnesium: 51.88mg (12.97%), Fiber: 3.15g (12.59%), Vitamin K: 12.88µg (12.26%), Copper: 0.23mg (11.56%), Iron: 1.61mg (8.94%), Selenium: 6.24µg (8.91%), Vitamin E: 1.3mg (8.66%), Vitamin B1: 0.12mg (8%), Zinc: 1.18mg (7.89%), Vitamin B3: 1.46mg (7.28%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.15µg (2.5%)