



Courgette fritters

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 140 g flour plain
- ☐ 2 eggs
- ☐ 175 ml milk
- ☐ 50 g cheddar cheese crumbled
- ☐ 1 small bunch chives
- ☐ 2 zucchini grated
- ☐ 1 tsp olive oil

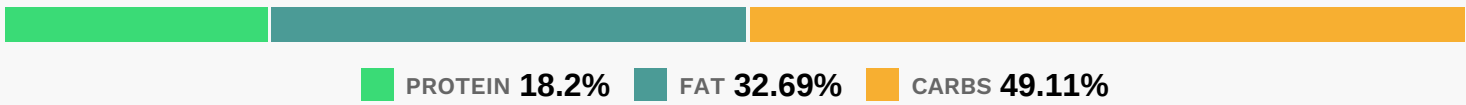
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Tip the flour into a bowl, season, then gradually stir in the eggs and milk until you have a smooth batter. Stir in the cheese and half the chives.
- ☐ In a dry non-stick frying pan, cook courgette over a high heat, stirring for 3–4 mins until just soft. Tip onto kitchen paper and squeeze dry, then stir into the batter.
- ☐ Oil the pan, then drop in small ladlefules of batter, cooking for a couple of mins on each side until golden. Continue until you have 12 fritters, then transfer to a baking tray and finish in the oven for 8 mins.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:20.52, Inflammation Score:-6, Nutrition Score:14.168695512025%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 263.84kcal (13.19%), Fat: 9.57g (14.73%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 30.42g (11.06%), Sugar: 4.86g (5.4%), Cholesterol: 99.75mg (33.25%), Sodium: 138.73mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (24%), Selenium: 23.22µg (33.17%), Vitamin B2: 0.48mg (28.48%), Folate: 101.58µg (25.4%), Vitamin B1: 0.36mg (23.82%), Phosphorus: 222mg (22.2%), Vitamin C: 18.12mg (21.97%), Manganese: 0.43mg (21.26%), Calcium: 178.05mg (17.81%), Iron: 2.41mg (13.41%), Vitamin B3: 2.59mg (12.93%), Vitamin B6: 0.25mg (12.5%), Potassium: 403.87mg (11.54%), Vitamin A: 556.68IU (11.13%), Zinc: 1.49mg (9.94%), Vitamin B12: 0.57µg (9.53%), Magnesium: 37.19mg (9.3%), Vitamin B5: 0.91mg (9.14%), Fiber: 1.95g (7.8%), Vitamin K: 7.63µg (7.26%), Vitamin D: 1.01µg (6.74%), Copper: 0.12mg (6.22%), Vitamin E: 0.65mg (4.33%)