



Crispy Fried Zucchini

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 cup italian-seasoned bread crumbs dry
- ☐ 8 servings garnish: marinara sauce
- ☐ 8 servings oil for frying
- ☐ 0.5 cup parmesan cheese grated
- ☐ 8 servings salt and pepper to taste
- ☐ 2 to 4 zucchini cut into slices or strips

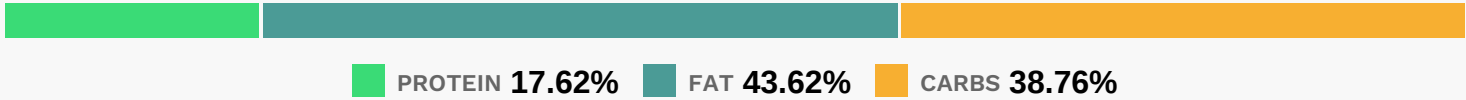
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine crumbs, cheese, salt and pepper in a bowl; set aside. Dip zucchini into beaten egg, then into crumb mixture to coat evenly.
- ☐ Heat oil in a skillet; fry zucchini a few at a time until tender and golden.
- ☐ Serve with sauces for dipping.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:7.2060869828514%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 134.97kcal (6.75%), Fat: 6.61g (10.17%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 11.83g (4.3%), Sugar: 2.53g (2.81%), Cholesterol: 46.51mg (15.5%), Sodium: 544.1mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.01%), Selenium: 9.51µg (13.58%), Vitamin C: 10.42mg (12.63%), Manganese: 0.25mg (12.48%), Vitamin B1: 0.17mg (11.51%), Phosphorus: 108.13mg (10.81%), Vitamin B2: 0.18mg (10.67%), Vitamin K: 11.21µg (10.67%), Calcium: 99.47mg (9.95%), Folate: 38.01µg (9.5%), Vitamin B6: 0.13mg (6.65%), Iron: 1.16mg (6.46%), Vitamin B3: 1.18mg (5.89%), Potassium: 201.56mg (5.76%), Fiber: 1.39g (5.56%), Zinc: 0.83mg (5.51%), Magnesium: 20.58mg (5.15%), Vitamin E: 0.74mg (4.9%), Vitamin A: 240.51IU (4.81%), Vitamin B12: 0.23µg (3.91%), Vitamin B5: 0.39mg (3.87%), Copper: 0.08mg (3.8%), Vitamin D: 0.25µg (1.67%)