



Crispy Zucchini and Potato Pancakes

 Vegetarian

READY IN



48 min.

SERVINGS



32

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 2 egg whites lightly beaten
- ☐ 1 teaspoon rosemary leaves fresh chopped for garnish
- ☐ 3 garlic cloves minced
- ☐ 2 teaspoons kosher salt for seasoning
- ☐ 1.5 cups mascarpone cheese at room temperature
- ☐ 32 servings olive oil for drizzling
- ☐ 0.3 cup parmesan grated

- ☐ 2 pounds russet potatoes grated peeled
- ☐ 0.3 cup seasoned bread crumbs
- ☐ 3 tablespoons vegetable oil
- ☐ 2 medium zucchini grated

Equipment

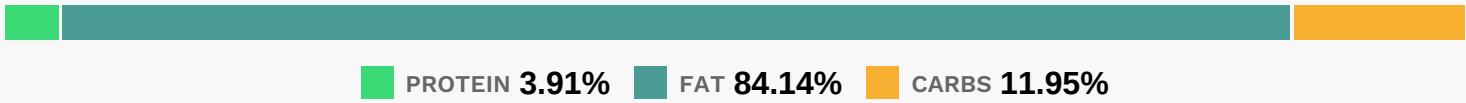
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 450 degrees F. Spray a baking sheet, liberally, with vegetable cooking spray. Set aside
- ☐ Lay the potatoes and zucchini on 2 kitchen towels. Bring the corners of the towels together and squeeze out the moisture from the vegetables.
- ☐ Place the vegetables in a large bowl.
- ☐ Add the garlic, chopped rosemary, 1/4 cup Parmesan cheese, bread crumbs, egg whites, salt, and pepper.
- ☐ Mix well until all ingredients are combined.
- ☐ In a 12-inch nonstick skillet, heat the vegetable oil over medium heat.
- ☐ Add the vegetable mixture to the pan. Using a spatula, press the mixture evenly into the pan.
- ☐ Drizzle the top with olive oil and sprinkle with the remaining 1 tablespoon Parmesan cheese. Cook for 8 minutes or until the edges of the mixture begin to brown. Slide the pancake, cooked side down, onto the prepared baking sheet.
- ☐ Bake for 20 to 25 minutes or until the top of the pancake starts to brown and the edges are crispy.

- ☐
- In a small bowl, beat the mascarpone until smooth and season with salt and pepper, to taste.
- ☐
- Cut the pancake into 1 1/2-inch squares and arrange on a serving platter. Pipe or spoon the seasoned mascarpone on top and garnish with a few fresh rosemary leaves.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:4.1, Inflammation Score:-2, Nutrition Score:3.3469564920372%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 215.06kcal (10.75%), Fat: 20.34g (31.29%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.95g (2.16%), Sugar: 0.56g (0.62%), Cholesterol: 11.09mg (3.7%), Sodium: 182.03mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin E: 2.14mg (14.28%), Vitamin K: 12.28µg (11.7%), Vitamin B6: 0.12mg (6.19%), Vitamin C: 3.92mg (4.75%), Potassium: 157.66mg (4.5%), Manganese: 0.08mg (4.14%), Vitamin A: 180.55IU (3.61%), Calcium: 32.32mg (3.23%), Phosphorus: 28.07mg (2.81%), Vitamin B1: 0.04mg (2.58%), Magnesium: 9.81mg (2.45%), Iron: 0.43mg (2.39%), Fiber: 0.55g (2.19%), Vitamin B2: 0.04mg (2.11%), Vitamin B3: 0.41mg (2.06%), Folate: 8.17µg (2.04%), Copper: 0.04mg (1.99%), Selenium: 0.96µg (1.37%), Vitamin B5: 0.13mg (1.25%), Zinc: 0.16mg (1.07%)