

Easy Fried Zucchini

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 sleeve buttery round crackers crushed ritz® (such as)
- ☐ 2 eggs beaten
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 2 zucchinis cut into 1/2-inch slices

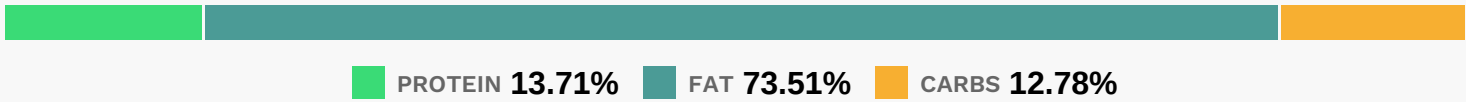
Equipment

- ☐ frying pan

Directions

- ☐ Coat each zucchini slice with egg, then press into cracker crumbs, coating both sides. Shake off excess and place the breaded zucchini onto a plate while breading the rest; do not stack.
- ☐ Heat olive oil in a large skillet over medium heat. Pan fry zucchini until crust browns and zucchini softens, about 3 minutes on each side. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:6.6895652335623%

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: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 113.94kcal (5.7%), Fat: 9.58g (14.74%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.59g (2.88%), Cholesterol: 81.84mg (27.28%), Sodium: 45.85mg (1.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 17.54mg (21.26%), Vitamin B2: 0.19mg (11.46%), Selenium: 6.99µg (9.98%), Vitamin B6: 0.2mg (9.89%), Manganese: 0.2mg (9.82%), Vitamin E: 1.38mg (9.23%), Vitamin K: 9.03µg (8.6%), Folate: 34.42µg (8.6%), Phosphorus: 83.01mg (8.3%), Potassium: 288.43mg (8.24%), Vitamin A: 315.35IU (6.31%), Vitamin B5: 0.54mg (5.41%), Magnesium: 20.59mg (5.15%), Iron: 0.83mg (4.61%), Fiber: 1.02g (4.09%), Zinc: 0.6mg (4.02%), Vitamin B1: 0.06mg (3.75%), Copper: 0.07mg (3.5%), Vitamin B12: 0.2µg (3.26%), Calcium: 29.67mg (2.97%), Vitamin D: 0.44µg (2.93%), Vitamin B3: 0.5mg (2.48%)