



Fresh Corn and Zucchini Pancakes

READY IN



40 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons butter melted
- 2 eggs beaten
- 1 cup flour all-purpose
- 1 cup corn kernels fresh
- 1 cup milk
- 0.3 cup onion diced finely
- 0.5 cup parmesan cheese shredded
- 1 tablespoon vegetable oil

1.5 cups zucchini shredded

Equipment

bowl

frying pan

whisk

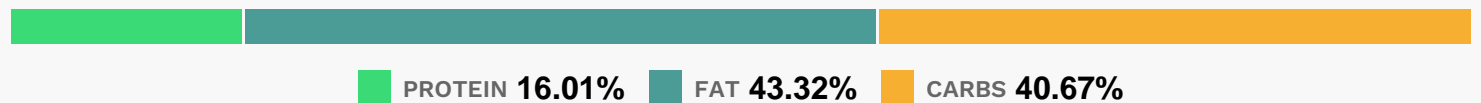
Directions

Combine zucchini, corn, onion, and Parmesan cheese in a large bowl.

Whisk flour, baking powder, milk, eggs, and melted butter in a separate bowl until moistened; pour batter over zucchini mixture. Stir until mixed.

Heat vegetable oil in a griddle or skillet over medium-high heat. Drop 1/3 cup portions of the zucchini batter onto the griddle; pan-fry until browned, about 5 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:12.62, Inflammation Score:-5, Nutrition Score:9.8678261404452%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 236.27kcal (11.81%), Fat: 11.54g (17.75%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 22.9g (8.33%), Sugar: 4.71g (5.23%), Cholesterol: 75.14mg (25.05%), Sodium: 241.91mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Selenium: 14.5µg (20.72%), Phosphorus: 194.09mg (19.41%), Calcium: 187.71mg (18.77%), Vitamin B2: 0.3mg (17.62%), Vitamin B1: 0.25mg (16.68%), Folate: 64.6µg (16.15%), Manganese: 0.25mg (12.62%), Vitamin B3: 1.88mg (9.42%), Vitamin C: 7.69mg (9.32%), Iron: 1.58mg (8.8%), Vitamin A: 434.11IU (8.68%), Potassium: 268.28mg (7.67%), Vitamin B12: 0.46µg (7.63%), Magnesium: 30.26mg (7.57%), Vitamin B5: 0.76mg (7.55%), Vitamin B6: 0.15mg (7.38%), Zinc: 0.96mg (6.38%), Vitamin K: 6.3µg (6%), Fiber: 1.47g (5.88%), Vitamin D: 0.78µg (5.22%), Copper: 0.08mg (3.79%), Vitamin E: 0.55mg (3.7%)