

STARTER & SNACK

Fried Zucchini Flowers

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
12 min	10 min	2 min	6	\$1.29	186 kcal

The recipe Fried Zucchini Flowers can be made in approximately 12 minutes. This dairy free and lacto ovo vegetarian recipe serves 6 and costs \$1.29 per serving. This hor d'oeuvre has 186 calories, 8g of protein, and 6g of fat per serving.

Ingredients

- ☐ 2 large egg yolks
- ☐ 1 cup ice water
- ☐ 6 servings Vegetable oil, for frying
- ☐ 1 cup all-purpose flour
- ☐ 6 servings Kosher salt and freshly ground black pepper
- ☐ 12 zucchini flowers with stems

EQUIPMENT Paper towels, Mixing bowl, Pot, Deep fryer

Method

- 1

Pour 3 inches of oil in a deep fryer or large, heavy pot and heat to 375 degrees F.
- 2

In a deep mixing bowl, lightly beat the egg yolks and pour in the ice water; mix to combine.
- 3

Add the flour and continue to mix until the batter is the consistency of heavy cream. Dip 2 zucchini flowers at a time in the batter to coat completely, letting the excess drip off. Fry the flowers in the hot oil for 2 minutes until crisp and golden brown.
- 4

Drain the fried flowers on a platter lined with paper towels, season with salt and pepper while they are still hot. Repeat with the remaining zucchini flowers.

Nutrition per serving

186

KCAL

8 g

PROTEIN

6 g

FAT

28 g

CARBS

Saturated Fat

1.3 g · 8% of daily needs

Fibre

4.5 g · 18% of daily needs

Sugar

9.9 g · 11% of daily needs

Sodium

36.5 mg · 2% of daily needs

Cholesterol

61.2 mg · 20% of daily needs

Vitamin C

70.2 mg · 85% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fried-zucchini-flowers-148145