



Fried Zucchini Straws

READY IN



45 min.

SERVINGS



6

CALORIES



585 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 6 servings canola oil
- 4 large eggs lightly beaten
- 2 cups flour all-purpose
- 4 tablespoons flour all-purpose
- 0.5 teaspoon garlic powder
- 1 tablespoon kosher salt divided
- 0.5 teaspoon oregano dried
- 4 cups panko bread crumbs (Japanese breadcrumbs)

- 1 teaspoon paprika
- 1 cup parmesan cheese grated
- 1 lb zucchini cut into 1/4-inch-thick strips

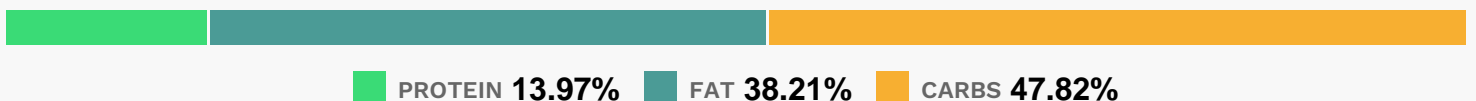
Equipment

- food processor
- paper towels
- whisk
- wire rack
- dutch oven

Directions

- Combine 2 cups flour, next 2 ingredients, and 1 tsp. salt in a shallow dish.
- Whisk together eggs and 3 Tbsp. water in another dish.
- Process breadcrumbs in a food processor 10 to 15 seconds or until finely ground.
- Combine breadcrumbs, 4 Tbsp. flour, oregano, pepper, and remaining 2 tsp. salt in a third shallow dish.
- Dredge zucchini, in batches, in flour mixture; dip in egg mixture, and dredge in breadcrumb mixture.
- Pour oil to depth of 2 inches into a Dutch oven; heat over medium heat to 32
- Fry zucchini, in batches, 1 to 2 minutes or until golden.
- Drain on a wire rack over paper towels.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:26.03, Inflammation Score:-8, Nutrition Score:23.159565054852%

Flavonoids

Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 584.73kcal (29.24%), Fat: 24.71g (38.02%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 69.59g (23.2%), Net Carbohydrates: 65.54g (23.83%), Sugar: 4.68g (5.2%), Cholesterol: 138.5mg (46.17%), Sodium: 1801.96mg (78.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.64%), Selenium: 42.21µg (60.3%), Vitamin B1: 0.81mg (53.84%), Manganese: 0.87mg (43.64%), Folate: 163.7µg (40.93%), Vitamin B2: 0.68mg (39.89%), Phosphorus: 319.25mg (31.93%), Vitamin B3: 5.83mg (29.16%), Iron: 5.2mg (28.88%), Calcium: 263.01mg (26.3%), Vitamin E: 3.17mg (21.1%), Vitamin K: 17.84µg (16.99%), Vitamin C: 13.54mg (16.41%), Fiber: 4.05g (16.19%), Zinc: 2.33mg (15.54%), Vitamin B6: 0.28mg (13.78%), Magnesium: 52.32mg (13.08%), Vitamin A: 642.84IU (12.86%), Copper: 0.25mg (12.34%), Potassium: 416.34mg (11.9%), Vitamin B5: 1.16mg (11.58%), Vitamin B12: 0.66µg (11.03%), Vitamin D: 0.75µg (5%)