



Greek Zucchini Cakes

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



157 kcal

Ingredients

- ☐ 1 large eggs lightly beaten
- ☐ 0.8 cup feta cheese crumbled
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 3 green onions thinly sliced
- ☐ 1 teaspoon kosher salt or
- ☐ 24 servings olive oil
- ☐ 1.5 teaspoons oregano leaves dried fresh chopped

- ☐ 0.3 teaspoon freshly milled pepper black
- ☐ 0.3 cup pinenuts chopped
- ☐ 1 pound zucchini grated

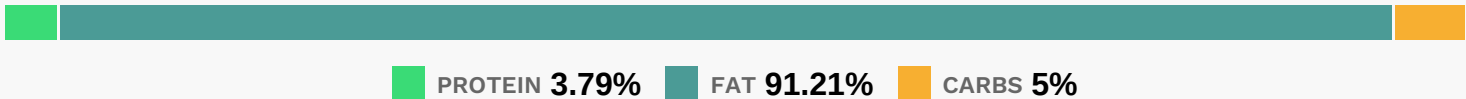
Equipment

- ☐ bowl
- ☐ sieve
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Combine the grated zucchini and kosher salt. Set aside for 5 minutes (no more, or it will be mush). Rinse in cold water and squeeze dry in a kitchen towel or press in a strainer or colander until dry.
- ☐ Combine the cheese, egg, green onions, flour, pine nuts, dill, oregano, garlic, and pepper in a large bowl; fold in the zucchini. Form into 24 small cakes (about 2 tablespoons of mixture for each) and saute in olive oil, turning once, until browned, about 3 minutes on each side.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:3.6169565203397%

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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 156.62kcal (7.83%), Fat: 16.25g (25%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.57g (0.64%), Cholesterol: 11.92mg (3.97%), Sodium: 155.69mg (6.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin E: 2.23mg (14.88%), Vitamin K: 14.01µg (13.34%), Manganese: 0.18mg (9.2%), Vitamin C: 3.78mg (4.58%), Vitamin B2: 0.08mg (4.53%), Phosphorus: 37.85mg (3.78%), Calcium: 33.49mg (3.35%), Vitamin B6: 0.06mg (3.1%), Folate: 10.47µg (2.62%), Iron: 0.47mg (2.61%), Selenium: 1.74µg (2.49%), Magnesium: 9.55mg (2.39%), Zinc: 0.33mg (2.23%), Potassium: 75.3mg (2.15%), Vitamin B1: 0.03mg (2.06%), Vitamin A: 93.76IU (1.88%), Copper: 0.04mg (1.82%), Vitamin B12: 0.1µg (1.63%), Fiber: 0.38g (1.53%), Vitamin B3: 0.27mg (1.34%), Vitamin B5: 0.13mg (1.28%)