



Herbed Zucchini Feta Fritters

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium cucumber peeled halved seeded coarsely chopped (medium)
- ☐ 0.3 cup optional: dill chopped
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 cup flour all-purpose
- ☐ 50 servings kosher salt
- ☐ 0.3 cup mint leaves chopped
- ☐ 0.3 cup parsley chopped

- ☐ 50 servings pepper freshly ground
- ☐ 1 cup yogurt plain greek-style
- ☐ 50 servings vegetable oil for frying
- ☐ 4 medium zucchini shredded (medium,)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ stove
- ☐ slotted spoon
- ☐ colander

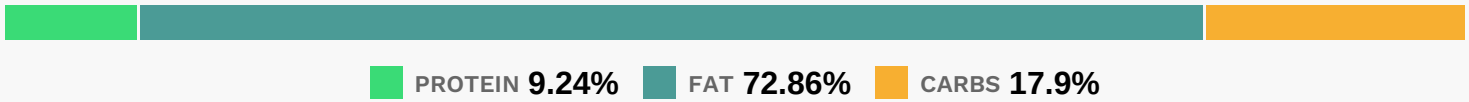
Directions

- ☐ Pile the shredded zucchini in a colander and sprinkle with 1 tablespoon of salt. Toss the zucchini well and let stand for 5 minutes. Squeeze out as much liquid as possible and transfer the zucchini to a large bowl. Stir in the eggs, flour, dill, parsley, 1/4 cup of the mint and the feta. Stir in 1/2 teaspoon of pepper and refrigerate the fritter batter for about 10 minutes.
- ☐ In a food processor, coarsely puree the chopped cucumber.
- ☐ Transfer to a medium bowl. Stir in the yogurt and the remaining 2 tablespoons of mint and season with salt and pepper.
- ☐ Preheat the oven to 35
- ☐ In a medium saucepan, heat 1/2 inch of vegetable oil to 35
- ☐ Set a paper towel-covered baking sheet near the stove. Working in batches, drop rounded tablespoons of the fritter batter into the hot oil and fry, turning the fritters a few times, until browned and crisp, about 2 minutes. Using a slotted spoon, transfer the fritters to the prepared baking sheet and repeat with the remaining fritter batter. Discard the paper towels and reheat the fritters in the oven for about 3 minutes.

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Serve the zucchini fritters hot with the cucumber-yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:2.1082608660926%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 42.89kcal (2.14%), Fat: 3.55g (5.46%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.69g (0.77%), Cholesterol: 9.41mg (3.14%), Sodium: 217.74mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin K: 11.24µg (10.71%), Vitamin C: 3.63mg (4.4%), Vitamin B2: 0.05mg (3.09%), Manganese: 0.06mg (2.99%), Folate: 9.46µg (2.36%), Phosphorus: 22.47mg (2.25%), Vitamin A: 109.75IU (2.19%), Vitamin B6: 0.04mg (2.04%), Selenium: 1.41µg (2.02%), Calcium: 19.72mg (1.97%), Potassium: 65.06mg (1.86%), Vitamin E: 0.28mg (1.86%), Vitamin B1: 0.02mg (1.56%), Magnesium: 5.33mg (1.33%), Iron: 0.23mg (1.27%), Vitamin B5: 0.12mg (1.16%), Zinc: 0.17mg (1.15%), Fiber: 0.28g (1.11%), Vitamin B12: 0.06µg (1.02%)