



Kolokythokeftedes (Zucchini and Feta Balls)



Vegetarian



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup feta crumbled
- ☐ 1 clove garlic chopped
- ☐ 2 green onions sliced
- ☐ 1 handful herbs chopped (such as mint, dill and parsley)
- ☐ 4 servings oil for frying
- ☐ 1 tablespoon ouzo
- ☐ 4 servings salt and pepper to taste

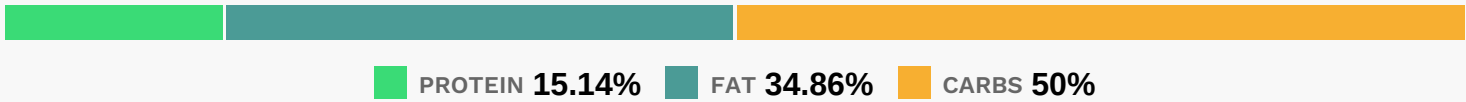
- ☐ 4 servings breadcrumbs whole wheat (I use)
- ☐ 0.5 cup flour whole wheat (I used)
- ☐ 2 cups zucchini grated

Equipment

Directions

- ☐ Mix the zucchini, feta, ouzo, garlic, green onion, herbs and egg and season with salt and pepper.
- ☐ Mix in enough flour and breadcrumbs that you can work with the mixture to form balls. Form the mixture into balls and dust in flour. Fry in oil until golden brown and set aside to cool.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:11.116086970205%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 169.43kcal (8.47%), Fat: 6.79g (10.45%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 18.49g (6.72%), Sugar: 2.14g (2.38%), Cholesterol: 49.26mg (16.42%), Sodium: 376.56mg (16.37%), Alcohol: 1.25g (100%), Alcohol %: 1.19% (100%), Protein: 6.64g (13.27%), Manganese: 0.75mg (37.52%), Vitamin K: 33.98µg (32.36%), Selenium: 14.32µg (20.46%), Vitamin C: 15.79mg (19.14%), Fiber: 3.43g (13.72%), Phosphorus: 134.58mg (13.46%), Vitamin B2: 0.22mg (12.89%), Vitamin B6: 0.23mg (11.72%), Iron: 1.89mg (10.5%), Magnesium: 36.7mg (9.18%), Folate: 35.03µg (8.76%), Vitamin B1: 0.13mg (8.53%), Potassium: 262.48mg (7.5%), Calcium: 74.58mg (7.46%), Vitamin A: 368.44IU (7.37%), Zinc: 1.05mg (6.97%), Vitamin B3: 1.17mg (5.87%), Copper: 0.11mg (5.75%), Vitamin E: 0.84mg (5.63%), Vitamin B5: 0.49mg (4.89%), Vitamin B12: 0.26µg (4.27%), Vitamin D: 0.26µg (1.72%)