



 **33%**
HEALTH SCORE

Lemony Zucchini Fritters

READY IN



45 min.

SERVINGS



3

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tbsp breadcrumbs
- 2 eggs beaten
- 0.5 cup flour
- 1 tsp garlic powder
- 1 juice of lemon juiced
- 4 tbsp olive oil for pan frying
- 1 tsp onion powder
- 1 tbsp parmesan cheese grated
- 0.5 cup parsley chopped

- 1 tsp pepper
- 3 servings greek yogurt plain
- 16 oz zucchini trimmed

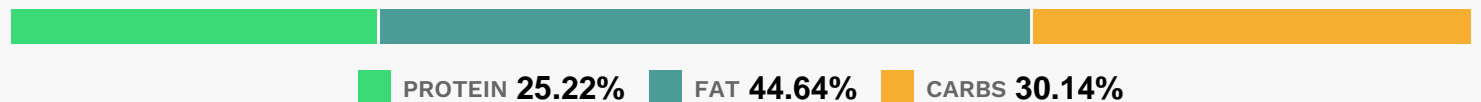
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels

Directions

- Chop the zucchini into small pieces.
- Place in food processor and pulse until there are small bits left. (If you have a grating attachment on your food processor you can use that instead).In a medium bowl add zucchini, lemon juice, parsley, flour, eggs, spices, Parmesan cheese, and breadcrumbs.
- Mix together until evenly distributed.
- Place olive oil in a large frying pan and heat over medium high heat. Working in batches, add a little less than a cup of batter to the frying pan for each fritter. Cook until golden brown on the bottom, about 45 seconds. Flip over and cook until golden brown on the other side.
- Place a few layers of paper towel on a baking sheet or plate. Once fritters are done, transfer to the lined baking sheet or dish and let the paper towel soak up extra oil.
- Garnish with more lemon juice and a dollop of Greek yogurt before serving.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:12.19, Inflammation Score:-9, Nutrition Score:29.030869565217%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Taste

Sweetness: 50.93%, Saltiness: 100%, Sourness: 36.41%, Bitterness: 35.29%, Savoriness: 54.44%, Fattiness: 73.29%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 477.47kcal (23.87%), Fat: 23.84g (36.68%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 33.11g (12.04%), Sugar: 11.32g (12.58%), Cholesterol: 120.57mg (40.19%), Sodium: 211.54mg (9.2%), Protein: 30.32g (60.63%), Vitamin K: 183.49µg (174.75%), Vitamin B2: 0.99mg (58.14%), Selenium: 38.85µg (55.5%), Vitamin C: 44.43mg (53.86%), Phosphorus: 446.11mg (44.61%), Folate: 127.74µg (31.94%), Calcium: 314.1mg (31.41%), Manganese: 0.62mg (31.07%), Vitamin B12: 1.71µg (28.45%), Vitamin A: 1329.86IU (26.6%), Vitamin B1: 0.37mg (24.81%), Potassium: 850.48mg (24.3%), Vitamin B6: 0.48mg (24.06%), Vitamin E: 3.33mg (22.2%), Iron: 3.4mg (18.87%), Magnesium: 69.21mg (17.3%), Vitamin B5: 1.63mg (16.3%), Zinc: 2.42mg (16.13%), Vitamin B3: 2.96mg (14.79%), Fiber: 3.12g (12.47%), Copper: 0.22mg (10.93%), Vitamin D: 0.6µg (3.97%)