



Low Carb Zucchini Pancakes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 leaves basil chopped
- ☐ 1 tablespoon butter
- ☐ 2 eggs
- ☐ 3 cloves garlic chopped
- ☐ 2 green onions chopped
- ☐ 1 pinch ground nutmeg
- ☐ 4 servings ground pepper black to taste
- ☐ 1 pinch onion powder

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings salt to taste
- ☐ 1 pound zucchini grated

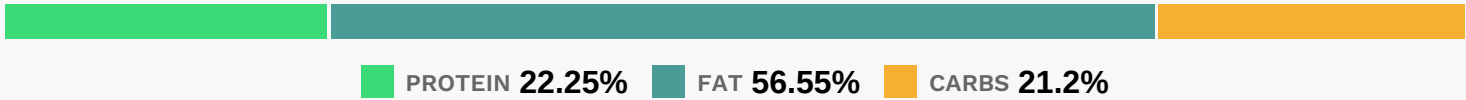
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Squeeze grated zucchini in paper towels to release as much water as possible.
- ☐ Spread zucchini on fresh paper towels and sprinkle with salt; let sit for 30 minutes to release additional water; squeeze again.
- ☐ Mix Parmesan cheese, eggs, green onions, garlic, basil, nutmeg, onion powder, and black pepper in a bowl; add zucchini. Stir to combine.
- ☐ Heat butter and olive oil in a frying pan over medium heat. Form golf ball-sized zucchini patties and place in hot frying pan. Fry until browned, 2 to 3 minutes per side.

Nutrition Facts



Properties

Glycemic Index:74.75, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:9.2426086508709%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 109.95kcal (5.5%), Fat: 7.17g (11.02%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.18g (3.53%), Cholesterol: 94.8mg (31.6%), Sodium: 367.59mg (15.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Vitamin C: 22.28mg (27.01%), Vitamin K: 20µg

(19.05%), Manganese: 0.29mg (14.45%), Vitamin B2: 0.24mg (14%), Selenium: 9.61µg (13.72%), Phosphorus: 134.55mg (13.46%), Vitamin B6: 0.26mg (13.11%), Vitamin A: 574.32IU (11.49%), Folate: 42.65µg (10.66%), Potassium: 370.43mg (10.58%), Calcium: 97.81mg (9.78%), Magnesium: 28.31mg (7.08%), Zinc: 0.99mg (6.61%), Vitamin B5: 0.61mg (6.15%), Fiber: 1.46g (5.84%), Iron: 1mg (5.58%), Copper: 0.1mg (4.88%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.29µg (4.77%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.47µg (3.14%), Vitamin B3: 0.59mg (2.96%)