



Mom's Zucchini Pancakes

 Popular

READY IN



30 min.

SERVINGS



20

CALORIES



26 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs slightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons green onion chopped
- ☐ 1 pinch oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 teaspoon salt
- ☐ 2 cups zucchini grated

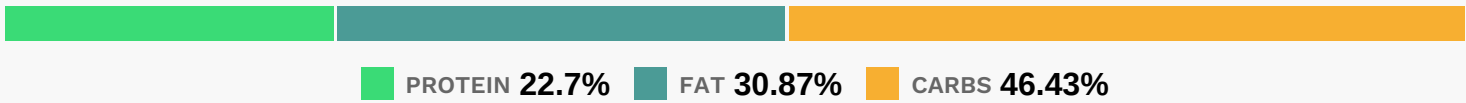
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Blot grated zucchini with paper towels to remove moisture. Stir zucchini, eggs, and onion in a large bowl.
- ☐ Mix flour, Parmesan cheese, baking powder, salt, and oregano in a separate bowl; stir mixture into zucchini until batter is just moistened.
- ☐ Heat vegetable oil in a large skillet over medium-high heat. Drop rounded spoonfuls of zucchini batter into hot oil; pan fry until golden, 2 to 3 minutes per side.
- ☐ Drain pancakes on a paper towel-lined plate.

Nutrition Facts



Properties

Glycemic Index:10.95, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:1.70999999992744%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 26.15kcal (1.31%), Fat: 0.9g (1.38%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.81g (1.02%), Sugar: 0.35g (0.39%), Cholesterol: 19.69mg (6.56%), Sodium: 98.86mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Selenium: 3.06µg (4.37%), Vitamin B2: 0.05mg (3.22%), Folate: 11.52µg (2.88%), Phosphorus: 28.33mg (2.83%), Vitamin C: 2.33mg (2.83%), Manganese: 0.05mg (2.35%), Calcium: 22.73mg (2.27%), Vitamin B1: 0.03mg (2.19%), Vitamin K: 1.85µg (1.76%), Iron: 0.31mg (1.7%), Vitamin B6: 0.03mg (1.58%), Vitamin A: 68.68IU (1.37%), Potassium: 46.66mg (1.33%), Vitamin B3: 0.25mg (1.24%), Zinc: 0.18mg (1.22%), Vitamin B5: 0.12mg (1.2%), Magnesium: 4.12mg (1.03%), Vitamin B12: 0.06µg (1.02%)