



Parmesan Fried Zucchini

READY IN



30 min.

SERVINGS



6

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon parsley dried
- ☐ 2 eggs beaten
- ☐ 2 teaspoons garlic powder
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 cup seasoned bread crumbs italian
- ☐ 1 tablespoon parmesan cheese grated to taste
- ☐ 6 servings salt to taste
- ☐ 1 cup vegetable oil for frying
- ☐ 3 zucchinis sliced

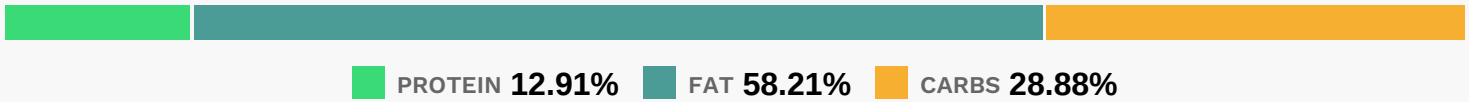
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Mix bread crumbs, 1/2 cup Parmesan cheese, garlic powder, parsley, and black pepper in a bowl. Dip zucchini slices into eggs, then press into bread crumb mixture, shaking off excess.
- ☐ Place the breaded zucchini onto a plate while breading the rest; do not stack.
- ☐ Heat vegetable oil in a large skillet over medium heat. Fry breaded zucchini in hot oil in batches until golden brown, about 3 minutes; transfer to a paper towel-lined plate.
- ☐ Sprinkle with 1 tablespoon Parmesan cheese and salt.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:8.3782608094423%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 147.29kcal (7.36%), Fat: 9.77g (15.03%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.11g (3.45%), Cholesterol: 55.38mg (18.46%), Sodium: 371.34mg (16.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin C: 17.84mg (21.63%), Vitamin K: 22.63µg (21.55%), Manganese: 0.3mg (15.07%), Vitamin B2: 0.21mg (12.09%), Selenium: 7.71µg (11.01%), Vitamin B6: 0.22mg (10.97%), Folate: 42.88µg (10.72%), Vitamin B1: 0.15mg (10.05%), Phosphorus: 93.63mg (9.36%), Potassium: 314.4mg (8.98%), Iron: 1.19mg (6.6%), Fiber: 1.59g (6.36%), Magnesium: 25.3mg (6.33%), Vitamin A: 302.58IU (6.05%), Vitamin E: 0.91mg (6.04%), Vitamin B3: 1.08mg (5.4%), Calcium: 51mg (5.1%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.71mg (4.76%), Copper: 0.09mg (4.71%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.3µg (1.98%)