



Parmesan Zucchini Patties

READY IN



35 min.

SERVINGS



14

CALORIES



97 kcal

SIDE DISH

Ingredients

- 3 eggs lightly beaten
- 1 tablespoon basil fresh chopped
- 2 cloves garlic minced
- 0.1 teaspoon ground pepper black
- 0.1 teaspoon ground thyme
- 2 large onions chopped
- 1 cup parmesan cheese grated
- 2 tablespoons parsley chopped
- 1 cup saltines crushed

- 2 tablespoons vegetable oil
- 4 cups zucchini shredded

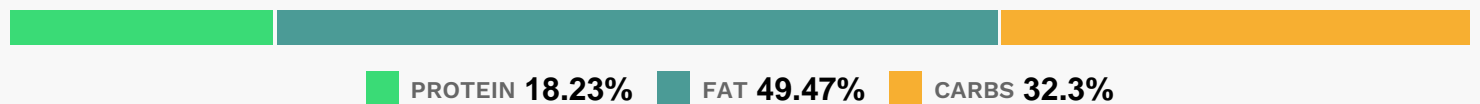
Equipment

- frying pan
- mixing bowl

Directions

- Heat 2 tablespoons vegetable oil in a large skillet over medium heat. Cook and stir zucchini, onion, and garlic in hot oil until vegetables are limp and moisture evaporates, about 5 minutes. Stir basil, parsley, black pepper, and thyme into the vegetables; remove from heat.
- Transfer zucchini mixture to a large mixing bowl.
- Stir eggs, crushed crackers, and 1 cup Parmesan cheese into the zucchini mixture until it binds together; shape into 14 3-inch patties.
- Pour enough vegetable oil in a skillet to reach about 1/2 inch deep; heat over medium-high heat.
- Cook patties, 3 to 4 at a time, in hot oil until well browned, about 2 minutes per side.
- Sprinkle with additional Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:0.6, Inflammation Score:-4, Nutrition Score:5.4195651593416%

Flavonoids

Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 97.17kcal (4.86%), Fat: 5.42g (8.33%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.06g (2.57%), Sugar: 1.91g (2.12%), Cholesterol: 41.29mg (13.76%), Sodium: 189.54mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin K: 16.76µg (15.96%), Vitamin C: 8.85mg (10.73%), Phosphorus: 89.84mg (8.98%), Selenium: 6.15µg (8.79%), Calcium: 82.04mg (8.2%), Vitamin B2: 0.13mg (7.79%), Manganese: 0.15mg (7.68%), Folate: 25.14µg (6.29%), Vitamin B6: 0.12mg (5.79%), Vitamin A: 240.18IU (4.8%), Potassium: 163.12mg (4.66%), Vitamin B1: 0.07mg (4.54%), Zinc: 0.63mg (4.19%), Iron: 0.71mg (3.96%), Fiber: 0.9g (3.59%), Magnesium: 13.84mg (3.46%), Vitamin B12: 0.18µg (3.08%), Vitamin B5: 0.3mg (2.96%), Vitamin E: 0.41mg (2.7%), Vitamin B3: 0.53mg (2.66%), Copper: 0.05mg (2.34%), Vitamin D: 0.22µg (1.5%)