



Shrimp with Zucchini Fritters and Grape-Leaf Spread

READY IN



45 min.

SERVINGS



12

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 0.3 teaspoon baking soda
- ☐ 4 ounces cream cheese
- ☐ 1 tablespoon chives fresh chopped
- ☐ 4 grape leaves from jar in brine drained
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 12 servings additional lemon juice fresh
- ☐ 12 servings lemon zest grated
- ☐ 3 tablespoons olive oil extra-virgin ()
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.8 teaspoon salt
- ☐ 12 large shrimp deveined cooked peeled
- ☐ 1.8 cups coarsely zucchini grated (1 medium)

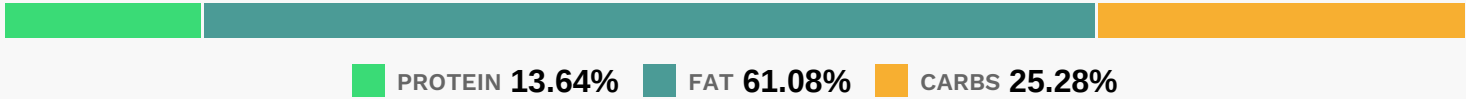
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Blend cream cheese, grape leaves, and lemon juice in mini processor until grape leaves are minced and mixture is blended. Season spread to taste with salt and pepper. Can be made 1 day ahead.
- ☐ Transfer spread to small bowl. Cover and refrigerate. Bring spread to room temperature before using.
- ☐ Whisk first 5 ingredients in medium bowl to blend.
- ☐ Mix in zucchini, parsley, and chives.
- ☐ Let stand until batter becomes moist, about 15 minutes. Using wet hands, shape by rounded tablespoonfuls into twelve 2-inch-diameter patties; place on foil.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add about half of patties. Sauté until cooked through, browned, and crisp, about 3 minutes per side.
- ☐ Transfer to platter. Repeat with remaining patties, adding more oil, if needed.
- ☐ Spread heaping teaspoon grape-leaf spread on each fritter. Top each with 1 shrimp.
- ☐ Sprinkle fritters with lemon juice, then lemon peel, and serve.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:3.1, Inflammation Score:-5, Nutrition Score:4.6673912833566%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 99.88kcal (4.99%), Fat: 6.99g (10.76%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.95g (2.16%), Sugar: 1.32g (1.47%), Cholesterol: 25.64mg (8.55%), Sodium: 212.32mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Vitamin K: 25.29µg (24.08%), Vitamin C: 11.7mg (14.19%), Vitamin A: 555.79IU (11.12%), Manganese: 0.11mg (5.58%), Folate: 21.01µg (5.25%), Phosphorus: 47.22mg (4.72%), Vitamin E: 0.67mg (4.44%), Vitamin B2: 0.07mg (4.25%), Vitamin B1: 0.06mg (3.8%), Selenium: 2.65µg (3.78%), Potassium: 119.78mg (3.42%), Copper: 0.07mg (3.4%), Magnesium: 11.55mg (2.89%), Iron: 0.52mg (2.88%), Calcium: 26.42mg (2.64%), Vitamin B6: 0.05mg (2.53%), Vitamin B3: 0.46mg (2.28%), Fiber: 0.56g (2.26%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.14mg (1.44%)