



Spicy Banana Zucchini Balls

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup zucchini dry grated
- 1 large banana ripe mashed chopped finely (or not)
- 1 eggs beaten
- 2 teaspoons turmeric
- 3 tablespoons honey
- 1 teaspoon curry powder
- 2 teaspoons pepper flakes crushed
- 0.3 teaspoon baking soda

- 0.5 cup panko bread crumbs
- 0.5 cup flour (if required)
- 24 servings vegetable oil for frying

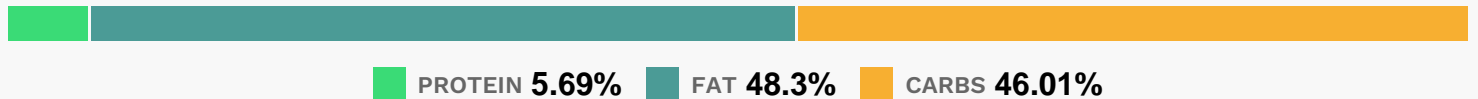
Equipment

- bowl
- paper towels

Directions

- Mix all ingredients in a bowl until it forms a soft dough.
- Add more flour if needed.
- Heat vegetable oil on medium heat (about 350F). Drop a teaspoonful of dough (regular teaspoon) into the hot oil and fry until brown, turning zucchini ball around. (Make sure your oil is not too hot or your zucchini balls will get too brown!)
- Drain in paper towel. Repeat with the rest of the dough.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:1.675652173913%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 32.58%, Saltiness: 19.25%, Sourness: 7.32%, Bitterness: 8.07%, Savoriness: 10.59%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 56.72kcal (2.84%), Fat: 3.13g (4.82%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.31g (2.29%), Sugar: 3.1g (3.44%), Cholesterol: 6.82mg (2.27%), Sodium: 23.92mg (1.04%), Protein:

0.83g (1.66%), Vitamin K: 5.66µg (5.39%), Manganese: 0.07mg (3.69%), Selenium: 1.87µg (2.68%), Vitamin B1: 0.04mg (2.54%), Vitamin C: 2.08mg (2.52%), Folate: 9.68µg (2.42%), Vitamin B2: 0.04mg (2.19%), Vitamin B6: 0.04mg (2.08%), Iron: 0.36mg (1.98%), Vitamin E: 0.29mg (1.93%), Fiber: 0.4g (1.6%), Vitamin B3: 0.32mg (1.59%), Potassium: 49.74mg (1.42%), Phosphorus: 12.74mg (1.27%), Magnesium: 4.47mg (1.12%)