



Squash and Zucchini Cakes

READY IN



30 min.

SERVINGS



6

CALORIES



348 kcal

Ingredients

- 1 cup bread crumbs toasted
- 0.5 cup butter (1 stick)
- 1 large eggs lightly beaten
- 0.3 teaspoon ground pepper black
- 1.5 teaspoons penzey's southwest seasoning dried italian
- 1 jar tomatoes store-bought
- 1 cup parmesan shredded
- 0.5 teaspoon salt
- 0.3 cup vidalia onion minced
- 3 medium baby squash yellow

3 e zucchini

Equipment

bowl

frying pan

paper towels

grater

Directions

Grate zucchini and squash with a fine grater. Press between paper towels to remove excess moisture.

In a medium bowl, combine grated zucchini and squash and next 7 ingredients. Shape mixture into 2-inch patties, pressing together firmly.

In a large skillet, melt butter over medium heat. Cook squash and zucchini cakes 3 to 4 minutes per side or until lightly browned.

Place onto serving platter and serve with marinara sauce.

Nutrition Facts



PROTEIN 14.84% **FAT 55.34%** **CARBS 29.82%**

Properties

Glycemic Index:34.33, Glycemic Load:3.13, Inflammation Score:-8, Nutrition Score:20.223043395125%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 347.9kcal (17.4%), Fat: 22.25g (34.24%), Saturated Fat: 13.12g (81.98%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 22.1g (8.04%), Sugar: 10.4g (11.55%), Cholesterol: 83mg (27.67%), Sodium: 1273.87mg (55.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Vitamin C: 42.57mg (51.6%), Manganese: 0.68mg (34.01%), Vitamin A: 1539.68IU (30.79%), Calcium: 295.98mg (29.6%), Vitamin B2: 0.48mg (28.35%),

Vitamin B6: 0.55mg (27.66%), Phosphorus: 274.76mg (27.48%), Potassium: 933.82mg (26.68%), Folate: 90.29µg (22.57%), Vitamin B1: 0.31mg (20.52%), Fiber: 4.88g (19.53%), Iron: 3.17mg (17.59%), Magnesium: 70.05mg (17.51%), Selenium: 12.18µg (17.4%), Vitamin E: 2.54mg (16.92%), Vitamin B3: 3.33mg (16.66%), Vitamin K: 16.42µg (15.64%), Copper: 0.3mg (14.94%), Zinc: 1.72mg (11.45%), Vitamin B5: 1.04mg (10.4%), Vitamin B12: 0.37µg (6.16%), Vitamin D: 0.25µg (1.67%)