



Tender Zucchini Fritters with Green Goddess Dressing

READY IN



130 min.

SERVINGS



12

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6.5 tablespoons flour
- ☐ 1 fillet anchovy chopped
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup beer
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.3 cup optional: dill fresh chopped

- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 cup goat cheese fresh chilled crumbled soft
- ☐ 3.5 cups lambs lettuce packed (lightly) (lamb's lettuce; 2 to 3 ounces)
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup olive oil extra virgin extra-virgin ()
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 tablespoon vinegar white
- ☐ 1.5 pounds zucchini trimmed (5 to 6)

Equipment

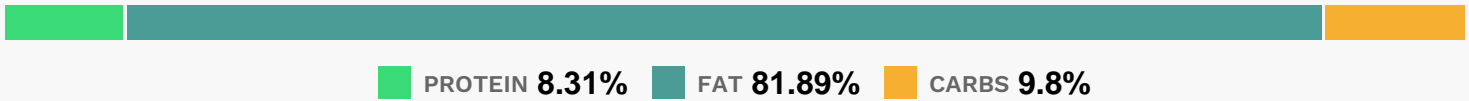
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen towels
- ☐ colander
- ☐ box grater

Directions

- ☐ Blend all ingredients in processor until smooth, occasionally scraping down sides of bowl. Season dressing with salt and pepper.
- ☐ Transfer to small bowl. Cover; chill. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Using large holes on box grater, coarsely grate zucchini into large colander.
- ☐ Sprinkle 1 teaspoon coarse salt over and toss to coat evenly.
- ☐ Place colander over large bowl.
- ☐ Let zucchini stand 30 minutes, tossing occasionally. Press on zucchini to release as much liquid as possible. Empty zucchini into kitchen towel.
- ☐ Roll up to enclose and squeeze dry.

- ☐ Whisk flour, baking powder, 1/2 teaspoon pepper, and 1/2 teaspoon coarse salt in medium bowl to blend.
- ☐ Mix in beer. Scrape zucchini from towel into bowl; stir to coat evenly (batter will be thick).
- ☐ Mix in cheese.
- ☐ Heat 1/3 cup oil in heavy large skillet over medium heat until very hot, about 2 minutes. Working in batches, drop batter into skillet by 1/4 cupfuls, flattening to 3-inch rounds. Sauté until brown and cooked through, 4 to 5 minutes per side.
- ☐ Transfer fritters to rimmed baking sheet. Repeat with remaining batter, adding more oil as needed. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 375°F oven 5 to 6 minutes.
- ☐ Place mâche in large bowl. Toss with 2 to 3 tablespoons dressing.
- ☐ Place 2 fritters on each of 6 plates. Top with mound of mâche salad.
- ☐ Serve fritters, passing remaining dressing alongside.

Nutrition Facts



Properties

Glycemic Index:43.04, Glycemic Load:2.97, Inflammation Score:-8, Nutrition Score:10.408260801564%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 265.21kcal (13.26%), Fat: 24.36g (37.48%), Saturated Fat: 5.85g (36.58%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 5.72g (2.08%), Sugar: 1.73g (1.92%), Cholesterol: 16.74mg (5.58%), Sodium: 504.19mg (21.92%), Alcohol: 0.19g (100%), Alcohol %: 0.18% (100%), Protein: 5.56g (11.12%), Vitamin K: 49.67µg (47.31%), Vitamin A: 1696.93IU (33.94%), Vitamin C: 19.17mg (23.24%), Manganese: 0.33mg (16.46%), Vitamin B6: 0.22mg (11.11%), Vitamin B2: 0.19mg (10.9%), Copper: 0.21mg (10.69%), Vitamin E: 1.59mg (10.6%), Phosphorus: 97.21mg (9.72%), Iron: 1.72mg (9.58%), Folate: 33.43µg (8.36%), Potassium: 288.46mg (8.24%), Calcium: 72.05mg (7.2%), Vitamin B1: 0.09mg (5.96%), Magnesium: 22.35mg (5.59%), Vitamin B3: 0.85mg (4.26%), Selenium: 2.82µg (4.03%), Zinc:

0.58mg (3.88%), Fiber: 0.85g (3.39%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.06µg (1.02%)