



Thai Curried Zucchini Fritters with Spicy Peanut Sauce

 Dairy Free  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



394 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 birds eye chili thinly sliced ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 eggs
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup flour
- ☐ 1 green onion chopped ()
- ☐ 1 tablespoon juice of lime

- ☐ 2 tablespoons oil
- ☐ 0.3 cup thai spicy peanut sauce
- ☐ 2 tablespoons curry paste green red (or curry paste)
- ☐ 2 cup zucchini grated (and squeezed to drain)

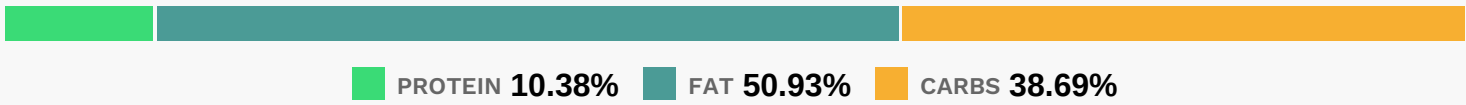
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the zucchini, flour, egg, curry paste, green onion, cilantro, chili, fish sauce and lime juice in a bowl.
- ☐ Heat the oil in a pan.
- ☐ Spoon the zucchini mixture into the pan to form patties and cook until golden brown on both sides, about 2–4 minutes per side.
- ☐ Serve with spicy peanut sauce.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:17.74, Inflammation Score:-9, Nutrition Score:17.419130439344%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 393.59kcal (19.68%), Fat: 22.09g (33.99%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 34.86g (12.68%), Sugar: 10.24g (11.37%), Cholesterol: 81.84mg (27.28%), Sodium:

1168.2mg (50.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.27%), Vitamin A: 2946.59IU (58.93%), Vitamin C: 31.06mg (37.64%), Vitamin K: 34.35µg (32.72%), Folate: 108.05µg (27.01%), Selenium: 18.48µg (26.41%), Manganese: 0.48mg (24.14%), Vitamin B2: 0.39mg (22.77%), Vitamin B1: 0.32mg (21.26%), Vitamin E: 2.96mg (19.72%), Iron: 2.9mg (16.12%), Vitamin B6: 0.3mg (15.13%), Vitamin B3: 2.71mg (13.54%), Phosphorus: 129.98mg (13%), Potassium: 454.21mg (12.98%), Magnesium: 50.28mg (12.57%), Fiber: 2.9g (11.61%), Vitamin B5: 0.76mg (7.64%), Copper: 0.15mg (7.26%), Calcium: 68.7mg (6.87%), Zinc: 0.96mg (6.41%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.44µg (2.93%)