



Turkish Zucchini Fritters



Vegetarian



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 ml canola oil
- ☐ 1 handful optional: dill chopped
- ☐ 2 eggs lightly beaten
- ☐ 4 handfuls flat-leaf parsley chopped
- ☐ 1 onion diced finely
- ☐ 3 tbsp flour plain
- ☐ 4 servings grinding of salt & pepper good freshly ground
- ☐ 4 servings sprinkle of sea salt

☐ 3 zucchini grated (courgettes)

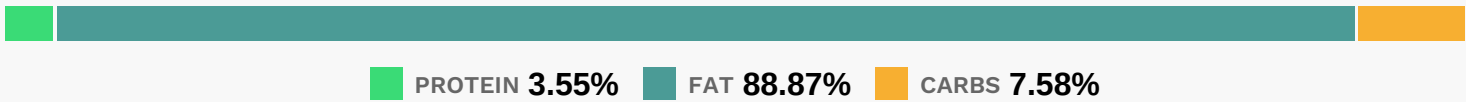
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ colander

Directions

- ☐ Put the grated zucchini in a colander, sprinkle with sea salt and allow the liquid to drain for 20 minutes, Squeeze the excess liquid from the zucchini and transfer to a bowl.
- ☐ Add the onion, parsley, dill, flour and eggs to the zucchini and mix to combine. Season with sea salt and black pepper.
- ☐ Heat the oil in a non-stick frying pan. Drop 1 tablespoon of the mixture at a time into the oil and cook over a high heat for 2-3 minutes, or until golden brown on both sides.
- ☐ Drain on paper towel and serve hot or cold, with garlic yoghurt (crush together garlic and salt and stir through some yoghurt) and a green salad.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:4.18, Inflammation Score:-7, Nutrition Score:17.580434923587%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 612.58kcal (30.63%), Fat: 61.85g (95.16%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 9.64g (3.5%), Sugar: 4.97g (5.52%), Cholesterol: 81.84mg (27.28%), Sodium: 434.18mg

(18.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin K: 114.31µg (108.86%), Vitamin E: 10.8mg (72.01%), Vitamin C: 33.88mg (41.07%), Manganese: 0.35mg (17.54%), Folate: 67.59µg (16.9%), Vitamin B2: 0.28mg (16.39%), Vitamin B6: 0.32mg (15.83%), Vitamin A: 769.6IU (15.39%), Potassium: 484.28mg (13.84%), Selenium: 9.1µg (13%), Phosphorus: 115.96mg (11.6%), Vitamin B1: 0.14mg (9.02%), Fiber: 2.23g (8.91%), Magnesium: 35.24mg (8.81%), Iron: 1.52mg (8.42%), Vitamin B5: 0.71mg (7.13%), Copper: 0.12mg (5.96%), Zinc: 0.89mg (5.91%), Vitamin B3: 1.1mg (5.5%), Calcium: 49.29mg (4.93%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)