



Zucchini and Onion Pancake



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



95 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 large onion
- ☐ 1 teaspoon oregano dried
- ☐ 6 servings salt and pepper to taste
- ☐ 3 zucchini

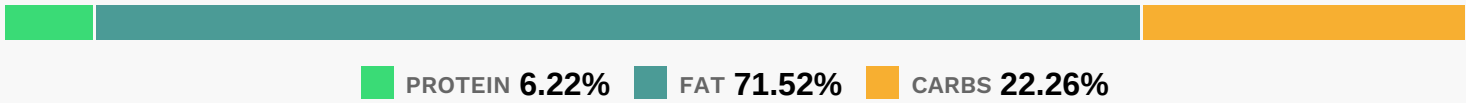
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Grate zucchini and onion into a medium bowl, and drain off excess juices. Stir in the oregano and salt and pepper to taste.
- ☐ Heat a frying pan over medium high heat and melt butter in the pan. When butter has coated the pan, arrange the zucchini in a flat layer over the bottom of the pan. Fry until golden brown on both sides, about 5 minutes per side.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:5.2995653009933%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 95.36kcal (4.77%), Fat: 8.02g (12.34%), Saturated Fat: 4.96g (31%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.53g (3.92%), Cholesterol: 20.34mg (6.78%), Sodium: 263.53mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin C: 19.4mg (23.51%), Manganese: 0.22mg (11.14%), Vitamin B6: 0.19mg (9.68%), Vitamin A: 438.53IU (8.77%), Potassium: 298.79mg (8.54%), Folate: 29.34µg (7.34%), Vitamin K: 7.05µg (6.71%), Fiber: 1.55g (6.19%), Vitamin B2: 0.1mg (6.11%), Magnesium: 21.23mg (5.31%), Phosphorus: 47.25mg (4.73%), Vitamin B1: 0.06mg (3.78%), Copper: 0.06mg (3.2%), Iron: 0.54mg (3.01%), Calcium: 29.14mg (2.91%), Vitamin E: 0.4mg (2.69%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.49mg (2.45%), Vitamin B5: 0.24mg (2.44%)