



12%  
HEALTH SCORE

## Zucchini Blossom a la Feta

 Vegetarian

READY IN



20 min.

SERVINGS



18

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups breadcrumbs dry
- 4 eggs
- 8 ounces feta cheese cut into small cubes
- 0.5 cup olive oil
- 18 zucchini

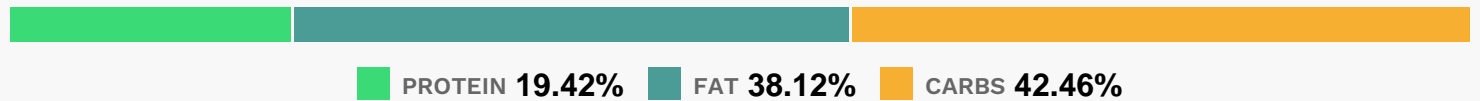
### Equipment

- bowl
- frying pan

## Directions

- Heat the olive oil in a skillet over medium heat.
- Lightly beat the eggs in a bowl.
- Place the bread crumbs on a dish. Insert a cube of feta cheese into each zucchini blossom. Dip the blossoms in the eggs, then dredge in the bread crumbs to lightly coat.
- Fry zucchini blossoms in the skillet until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:2.33, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:12.559999927231%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 138.7kcal (6.93%), Fat: 6.1g (9.39%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 12.79g (4.65%), Sugar: 5.68g (6.31%), Cholesterol: 47.59mg (15.86%), Sodium: 261.07mg (11.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.99%), Vitamin C: 35.08mg (42.53%), Manganese: 0.46mg (23.17%), Vitamin B2: 0.38mg (22.57%), Vitamin B6: 0.4mg (20.2%), Folate: 68.51µg (17.13%), Potassium: 556.4mg (15.9%), Phosphorus: 156.1mg (15.61%), Vitamin B1: 0.23mg (15.17%), Calcium: 120.92mg (12.09%), Selenium: 8.31µg (11.87%), Magnesium: 44.01mg (11%), Fiber: 2.5g (10%), Vitamin A: 497.97IU (9.96%), Vitamin K: 10.2µg (9.71%), Vitamin B3: 1.81mg (9.06%), Iron: 1.56mg (8.69%), Zinc: 1.29mg (8.6%), Vitamin B5: 0.74mg (7.38%), Copper: 0.15mg (7.28%), Vitamin B12: 0.34µg (5.7%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.25µg (1.64%)