

Zucchini Cakes

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



241 kcal

Ingredients

- 1 cup bread crumbs fresh
- 1 teaspoon butter
- 1 teaspoon dijon mustard
- 1 large eggs
- 2 green onions thinly sliced
- 1 tablespoon mayonnaise
- 0.3 cup bell pepper diced red
- 0.1 teaspoon pepper flakes red
- 0.5 teaspoon salt

- 1.5 teaspoons seafood seasoning
- 2 tablespoons vegetable oil
- 3 cups coarsely zucchini shredded

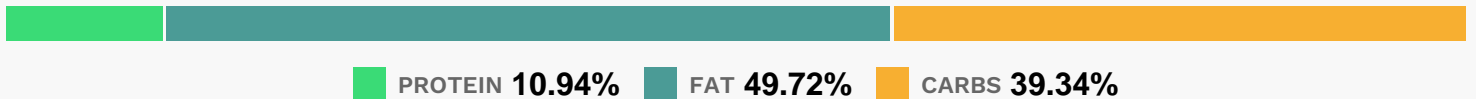
Equipment

- bowl
- frying pan
- paper towels
- colander

Directions

- Place grated zucchini in a colander; sprinkle with salt and let stand 30 minutes. Press with paper towels to remove as much liquid as possible; zucchini should be fairly dry and reduced to about 2 cups.
- Mix zucchini, bread crumbs, green onions, bell pepper, seafood seasoning, mustard, mayonnaise, and red pepper flakes in a large bowl. Form into 8 patties, 3 to 4 inches across.
- Heat oil and butter in a skillet over medium-high heat. Fry patties until golden brown, about 4 minutes per side.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:13.240434905757%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 240.79kcal (12.04%), Fat: 13.5g (20.76%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 21.37g (7.77%), Sugar: 4.64g (5.16%), Cholesterol: 50.66mg (16.89%), Sodium: 560.09mg (24.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.37%), Vitamin K: 43.12µg (41.06%), Vitamin C: 29.79mg (36.11%), Manganese: 0.5mg (24.75%), Vitamin B1: 0.32mg (21.41%), Folate: 66.56µg (16.64%), Selenium: 11.46µg (16.37%), Vitamin B2: 0.27mg (15.88%), Vitamin A: 677.57IU (13.55%), Iron: 2.3mg (12.79%), Vitamin B6: 0.25mg (12.43%), Vitamin B3: 2.38mg (11.9%), Phosphorus: 113.14mg (11.31%), Fiber: 2.66g (10.63%), Potassium: 358.39mg (10.24%), Magnesium: 34.61mg (8.65%), Calcium: 85.49mg (8.55%), Vitamin E: 1.18mg (7.88%), Copper: 0.14mg (7.12%), Zinc: 0.94mg (6.26%), Vitamin B5: 0.58mg (5.76%), Vitamin B12: 0.21µg (3.53%), Vitamin D: 0.26µg (1.71%)