



## Zucchini Cakes with Smoked Trout

READY IN



45 min.

SERVINGS



24

CALORIES



45 kcal

### Ingredients

- ☐ 0.3 cup flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 24 servings canola oil for frying
- ☐ 1 large egg whites beaten to blend
- ☐ 24 servings optional: dill fresh chopped
- ☐ 2 tablespoons parmesan cheese finely grated
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 2 ounces salmon smoked
- ☐ 0.3 cup cream sour ()

☐ 1 pound zucchini   grated trimmed

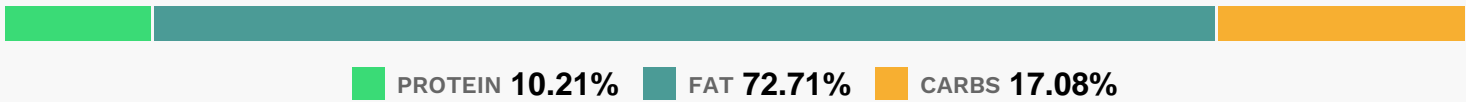
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ colander

## Directions

- ☐ Place zucchini in colander set over bowl;sprinkle with salt and toss to coat.
- ☐ Placesmall plate atop zucchini to weigh down.
- ☐ Let stand 30 minutes to drain.
- ☐ Squeeze zucchini as dry as possible inkitchen towel.
- ☐ Transfer zucchini to mediumbowl. Stir in flour, Parmesan, and shallot,then stir in beaten egg mixture and pepper.
- ☐ Line large rimmed baking sheet withparchment paper.
- ☐ Brush large nonstickskillet with enough oil to coat; heat overmedium–high heat. Working in batches,drop zucchini mixture into skillet by scant1 tablespoonfuls, spacing apart. Usingspatula, flatten cakes to 2–inch rounds.Cook until golden on bottom, brushingskillet with more oil as needed betweenbatches, about 1 to 1 1/2 minutes per side.
- ☐ Transfer cakes to prepared baking sheet.DO AHEAD: Can be made 1 day ahead. Coolcompletely, then cover and chill. Rewarmuncovered in 325°F oven until heatedthrough, about 10 minutes.
- ☐ Place warm zucchini cakes on platter.Top each with small dollop of sour creamand piece of smoked trout.
- ☐ Sprinkle withchopped dill and serve.

## Nutrition Facts



## Properties

Glycemic Index:6.96, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:1.8091304379961%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 45.01kcal (2.25%), Fat: 3.72g (5.72%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.66g (0.73%), Cholesterol: 2.79mg (0.93%), Sodium: 127.69mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Vitamin C: 3.56mg (4.32%), Vitamin E: 0.56mg (3.74%), Vitamin K: 2.95µg (2.8%), Vitamin D: 0.41µg (2.71%), Manganese: 0.05mg (2.64%), Selenium: 1.8µg (2.57%), Vitamin B2: 0.04mg (2.35%), Vitamin B6: 0.04mg (2.14%), Folate: 7.68µg (1.92%), Potassium: 65.95mg (1.88%), Phosphorus: 18.37mg (1.84%), Vitamin B12: 0.09µg (1.51%), Vitamin A: 71.34IU (1.43%), Vitamin B3: 0.28mg (1.41%), Vitamin B1: 0.02mg (1.38%), Magnesium: 5.03mg (1.26%), Calcium: 11.25mg (1.12%), Fiber: 0.26g (1.05%)