



Zucchini, Cheese and Herb Fritters

 Gluten Free

READY IN



4500 min.

SERVINGS



30

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons sea salt
- ☐ 1 cup cornstarch
- ☐ 1 cup parsley fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 cups olive oil
- ☐ 1 tablespoon oregano dried crumbled (preferably Greek)
- ☐ 1 cup pecorino cheese grated
- ☐ 2 cups safflower oil

- ☐ 1 cup spring onion chopped
- ☐ 8 oz yogurt plain (preferably Greek)
- ☐ 4 cups zucchini grated

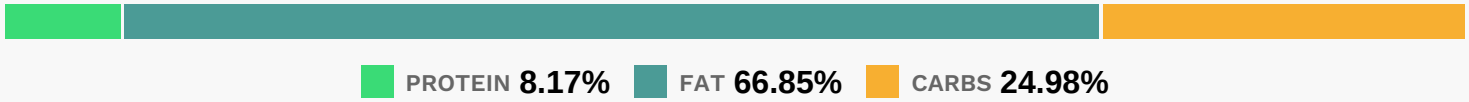
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Stir together zucchini and salt, then drain in a colander set over a bowl, 1 hour.
- ☐ Stir together zucchini and remaining fritter ingredients. Season well with freshly ground black pepper.
- ☐ Let mixture stand 15 minutes.
- ☐ Heat enough of frying oils to measure 3/4 inch in a deep 12-inch heavy skillet over moderately high heat until a deep-fat thermometer registers 350°F.
- ☐ Spoon heaping tablespoons of fritter mixture into oils and fry in small batches without crowding, turning fritters, until golden brown, about 1 minute.
- ☐ Transfer fritters with a slotted spoon to paper towels to drain and return oil to 350°F between batches.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:4.5504347545945%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 90.11kcal (4.51%), Fat: 6.79g (10.45%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.22g (1.9%), Sugar: 1.12g (1.24%), Cholesterol: 3.62mg (1.21%), Sodium: 204.54mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin K: 43.48µg (41.41%), Vitamin E: 1.5mg (9.98%), Vitamin C: 6.56mg (7.95%), Calcium: 63.01mg (6.3%), Vitamin A: 283.84IU (5.68%), Phosphorus: 47.23mg (4.72%), Vitamin B2: 0.05mg (3.12%), Manganese: 0.06mg (2.93%), Folate: 11.53µg (2.88%), Potassium: 92.13mg (2.63%), Iron: 0.4mg (2.24%), Magnesium: 8.63mg (2.16%), Vitamin B6: 0.04mg (2.02%), Fiber: 0.49g (1.95%), Zinc: 0.26mg (1.75%), Vitamin B12: 0.08µg (1.39%), Selenium: 0.94µg (1.34%), Vitamin B1: 0.02mg (1.12%), Copper: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.11%)