

Zucchini Fritters

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup carrots shredded
- ☐ 1 cup corn muffin mix
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon paprika sweet
- ☐ 2 tablespoons vegetable oil as needed
- ☐ 1 cup baby squash shredded yellow

☐ 2 cups zucchini shredded

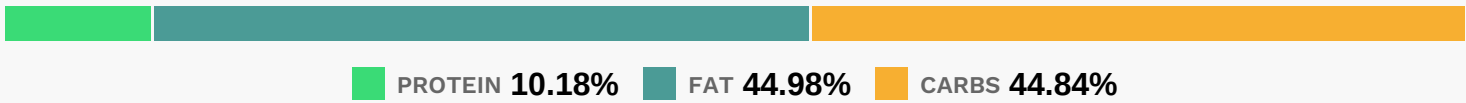
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Toss zucchini, yellow squash, and carrots with salt in a colander and drain for 15 minutes. Wrap vegetables in a clean kitchen towel and squeeze out as much moisture as possible; transfer mixture to a bowl.
- ☐ Combine corn muffin mix, baking powder, and paprika in a bowl. Stir in vegetables and eggs until well mixed.
- ☐ Heat 2 tablespoons vegetable oil in a large skillet over medium heat, tilting skillet to spread oil evenly. Drop tablespoonfuls of the zucchini batter into the hot oil, flattening each dollop with the back of a spoon. Pan-fry until golden brown, 1 to 2 minutes per side.
- ☐ Transfer fritters to a paper towel-lined plate to drain. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:10.04, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:3.403043454108%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 54.52kcal (2.73%), Fat: 2.77g (4.26%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.36g (1.95%), Sugar: 2.2g (2.44%), Cholesterol: 18.74mg (6.25%), Sodium: 149.59mg (6.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin A: 1165.02IU (23.3%), Phosphorus: 58.01mg (5.8%), Vitamin C: 3.57mg (4.32%), Vitamin K: 4.46µg (4.24%), Vitamin B2: 0.07mg (3.88%), Folate: 14.76µg (3.69%), Fiber: 0.84g (3.37%), Manganese: 0.07mg (3.28%), Vitamin B6: 0.06mg (3%), Vitamin B1: 0.04mg (2.99%), Selenium: 1.98µg (2.82%), Potassium: 83.71mg (2.39%), Calcium: 23.66mg (2.37%), Iron: 0.38mg (2.12%), Vitamin B3: 0.39mg (1.95%), Vitamin E: 0.25mg (1.69%), Vitamin B5: 0.16mg (1.63%), Magnesium: 6.4mg (1.6%), Zinc: 0.18mg (1.19%), Copper: 0.02mg (1.12%)