



Zucchini Fritters

 Vegetarian

READY IN



140 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon butter cooled melted
- ☐ 2 egg yolk beaten
- ☐ 0.8 cup beer
- ☐ 2 medium zucchini cut into sticks (2 cups)
- ☐ 1 serving salt

- ☐ 2 egg whites
- ☐ 1 serving vegetable oil for frying
- ☐ 1 serving salt and pepper

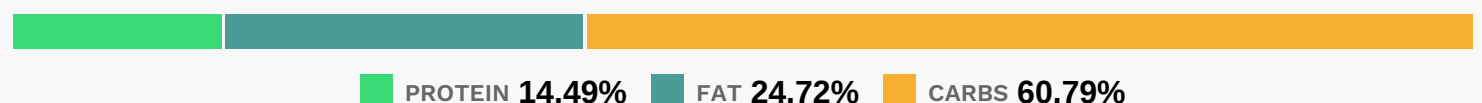
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ colander

Directions

- ☐ In medium bowl, beat flour, 1 teaspoon salt, 1/4 teaspoon pepper, the butter and egg yolks with whisk. Gradually add beer, stirring until combined. Cover; refrigerate at least 2 hours.
- ☐ Sprinkle zucchini sticks with additional salt; place in colander.
- ☐ Let stand 1 hour.
- ☐ Wash and dry zucchini sticks. Immediately before using batter, beat egg whites in small bowl with electric mixer on high speed until stiff. Fold into batter.
- ☐ In deep 3-quart saucepan, heat vegetable oil to 375°F. Dip each zucchini stick into batter; place in hot oil. (Do not fry too many pieces at a time.) Fry 2 to 3 minutes or until nicely browned.
- ☐ Remove from oil; drain on paper towel.
- ☐ Sprinkle with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:15.98, Inflammation Score:-5, Nutrition Score:8.2791304691978%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 170.49kcal (8.52%), Fat: 4.45g (6.85%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.19g (8.43%), Sugar: 1.81g (2.02%), Cholesterol: 69.82mg (23.27%), Sodium: 493.64mg (21.46%), Alcohol: 1.15g (100%), Alcohol %: 1.01% (100%), Protein: 5.87g (11.74%), Selenium: 15.11µg (21.59%), Folate: 77.53µg (19.38%), Vitamin B1: 0.26mg (17.34%), Vitamin B2: 0.28mg (16.62%), Manganese: 0.32mg (16.18%), Vitamin C: 11.69mg (14.18%), Vitamin B3: 2.1mg (10.5%), Iron: 1.72mg (9.56%), Phosphorus: 84.55mg (8.45%), Vitamin B6: 0.15mg (7.7%), Potassium: 232.81mg (6.65%), Fiber: 1.42g (5.7%), Vitamin A: 275.95IU (5.52%), Magnesium: 21.24mg (5.31%), Vitamin B5: 0.47mg (4.69%), Copper: 0.08mg (4.22%), Vitamin K: 4.09µg (3.9%), Zinc: 0.55mg (3.68%), Calcium: 25.45mg (2.54%), Vitamin E: 0.34mg (2.29%), Vitamin B12: 0.14µg (2.26%), Vitamin D: 0.32µg (2.16%)