



Zucchini Fritters



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 0.5 teaspoon kosher salt plus more for seasoning
- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 4 servings pepper flakes red crushed

- ☐ 1.5 teaspoons sugar
- ☐ 3 tablespoons unseasoned rice vinegar
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 pounds zucchini grated (3 medium)

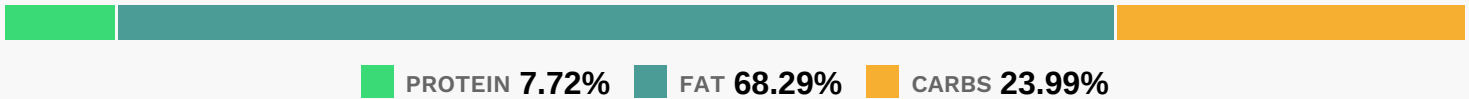
Equipment

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

Directions

- ☐ Mix vinegar, soy sauce, sugar, and a pinch of red pepperflakes in a small bowl until sugar is dissolved. Set aside.
- ☐ Place zucchini in a colander set in the sink and toss with 1/2 teaspoon salt.
- ☐ Let stand 10 minutes, then wring zucchini dry in a clean kitchen towel.
- ☐ Placezucchini in a large bowl and gently mix in egg, flour, chives, and cornstarch;season with salt and pepper.
- ☐ Heat oil in a large skillet over medium heat. Working in 2 batches, drop 1/4-cupfulszucchini mixture into skillet, flattening slightly; cook until golden and crisp, about3 minutes per side.
- ☐ Transfer fritters to a paper towel-lined plate; season with salt.
- ☐ Serve with soy dipping sauce.
- ☐ DO AHEAD: Fritters can be made 30 minutes ahead. Keep warm in a 200°F oven.

Nutrition Facts



Properties

Glycemic Index:71.77, Glycemic Load:5.93, Inflammation Score:-7, Nutrition Score:13.429130429807%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 260.22kcal (13.01%), Fat: 20.3g (31.23%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 13.31g (4.84%), Sugar: 6.03g (6.7%), Cholesterol: 46.5mg (15.5%), Sodium: 499.52mg (21.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin K: 47.85µg (45.58%), Vitamin C: 31.77mg (38.51%), Vitamin A: 1099.18IU (21.98%), Manganese: 0.44mg (21.92%), Vitamin B6: 0.35mg (17.68%), Vitamin E: 2.61mg (17.41%), Vitamin B2: 0.29mg (16.89%), Folate: 65.69µg (16.42%), Potassium: 531.02mg (15.17%), Phosphorus: 112.67mg (11.27%), Fiber: 2.74g (10.94%), Selenium: 7.41µg (10.58%), Magnesium: 40.88mg (10.22%), Vitamin B1: 0.15mg (10.09%), Iron: 1.68mg (9.31%), Vitamin B3: 1.53mg (7.66%), Copper: 0.14mg (6.96%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.89mg (5.97%), Calcium: 46.66mg (4.67%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)