



Zucchini Fritters with Dill



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings olive oil for frying
- ☐ 0.3 cup optional: dill finely chopped
- ☐ 2 eggs well beaten
- ☐ 4 ounce feta crumbled
- ☐ 2 tablespoon flat-leaf parsley
- ☐ 1 clove garlic minced peeled
- ☐ 8 servings ground pepper fresh black
- ☐ 1 small onion grated

- ☐ 2 tablespoon rice flour
- ☐ 8 servings sea salt

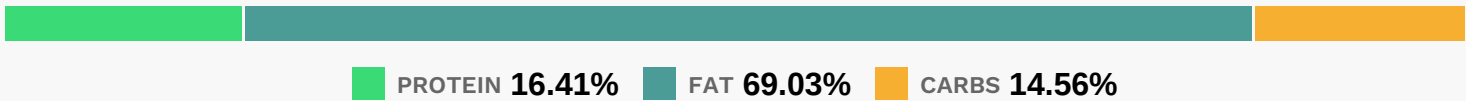
Equipment

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

Directions

- ☐ Grate the zucchini coarsely and put into a colander.
- ☐ Sprinkle lightly with salt and toss, then leave for 20 minutes to drain. Rinse the zucchini briefly, then squeeze it to extract as much liquid as you can and pat dry with kitchen paper.
- ☐ Mix the zucchini with the onion, garlic, feta, herbs and eggs in a large bowl. Sift on the flours, then season with pepper and stir to combine.
- ☐ Heat a little olive oil in a nonstick frying pan over medium heat until sizzling. Drop small tablespoons of batter into the hot oil and flatten gently. Cook for 2 minutes on each side, or until golden brown.
- ☐ Drain on paper towels and serve piping hot.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:1.39, Inflammation Score:-3, Nutrition Score:4.6878260996031%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 90.21kcal (4.51%), Fat: 6.96g (10.71%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 3.01g (1.1%), Sugar: 0.43g (0.47%), Cholesterol: 53.54mg (17.85%), Sodium: 372.89mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin K: 18.89µg (17.99%), Vitamin B2: 0.18mg (10.5%), Selenium: 5.89µg (8.41%), Calcium: 83.92mg (8.39%), Phosphorus: 76.21mg (7.62%), Vitamin A: 317.57IU (6.35%), Vitamin B12: 0.34µg (5.62%), Vitamin B6: 0.11mg (5.3%), Vitamin E: 0.64mg (4.29%), Zinc: 0.61mg (4.07%), Vitamin C: 3.34mg (4.05%), Manganese: 0.08mg (4.03%), Folate: 15.19µg (3.8%), Vitamin B5: 0.35mg (3.45%), Iron: 0.49mg (2.7%), Vitamin B1: 0.04mg (2.36%), Vitamin D: 0.28µg (1.84%), Magnesium: 7.12mg (1.78%), Potassium: 57.42mg (1.64%), Vitamin B3: 0.25mg (1.24%), Copper: 0.02mg (1.23%), Fiber: 0.29g (1.16%)