

Zucchini Fritters with Fresh Mozzarella and Tomato

READY IN



60 min.

SERVINGS



10

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup buttermilk
- 1 teaspoon basil dried
- 1 teaspoon marjoram dried
- 4 large eggs
- 2 cups flour all-purpose
- 1 pound mozzarella fresh sliced
- 1 teaspoon garlic powder

- 0.5 teaspoon pepper black
- 1 teaspoon kosher salt
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 10 servings fleur del sel for sprinkling (such as Fleur de sel)
- 2 large tomatoes fresh ripe sliced
- 3 cups zucchini shredded

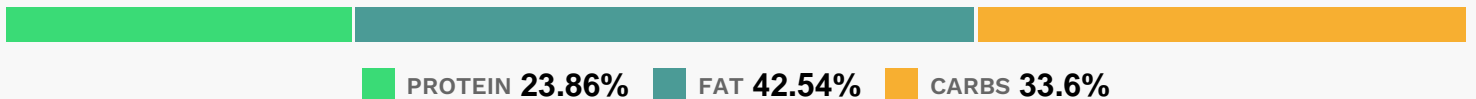
Equipment

- bowl
- frying pan
- paper towels

Directions

- Place the zucchini, flour, baking soda, Parmesan cheese, garlic powder, oregano, marjoram, basil, black pepper, and kosher salt into a large bowl, and stir to thoroughly mix. In a separate bowl, beat the eggs with buttermilk, and stir the egg mixture into the zucchini mixture to make a batter.
- Heat the vegetable oil and olive oil in a large skillet over medium heat until the oil shimmers with heat, and gently spoon about 1/4 cup of zucchini batter per fritter into the hot oil. Fry the fritters in batches until golden brown on both sides, about 3 minutes per side; drain on paper towels, and set the fritters aside to keep warm.
- To serve, place a slice of mozzarella cheese and a slice of tomato on top of each fritter; sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:14.77, Inflammation Score:-7, Nutrition Score:13.82652172835%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 288.55kcal (14.43%), Fat: 13.59g (20.91%), Saturated Fat: 7.29g (45.59%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 22.49g (8.18%), Sugar: 3.1g (3.45%), Cholesterol: 113.73mg (37.91%), Sodium: 855.84mg (37.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.31%), Selenium: 23.81µg (34.01%), Calcium: 296.08mg (29.61%), Phosphorus: 278.09mg (27.81%), Vitamin B2: 0.42mg (24.55%), Vitamin B12: 1.3µg (21.69%), Folate: 74.43µg (18.61%), Vitamin B1: 0.26mg (17.08%), Manganese: 0.34mg (16.84%), Vitamin A: 839.17IU (16.78%), Vitamin C: 11.66mg (14.13%), Zinc: 2.12mg (14.11%), Iron: 2.16mg (12.01%), Vitamin B3: 1.95mg (9.77%), Potassium: 303.28mg (8.67%), Vitamin K: 8.92µg (8.49%), Vitamin B6: 0.17mg (8.33%), Magnesium: 31.45mg (7.86%), Fiber: 1.66g (6.65%), Vitamin B5: 0.65mg (6.48%), Copper: 0.11mg (5.37%), Vitamin D: 0.75µg (5%), Vitamin E: 0.62mg (4.16%)