



Zucchini Fritters with Herb-and-Mozzarella Salad

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon capers drained
- ☐ 0.5 cup cornbread crumbled finely
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup herbs fresh assorted coarsely chopped (such as parsley, basil, and mint)

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest loosely packed
- ☐ 8 oz mozzarella cheese balls fresh drained
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 1.5 lb zucchini shredded

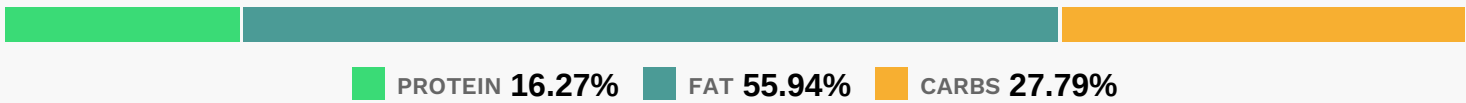
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wire rack

Directions

- ☐ Stir together first 7 ingredients in a medium bowl.
- ☐ Place one-third of zucchini on two layers of paper towels, and squeeze out excess liquid. Repeat with remaining zucchini, discarding paper towels after each use.
- ☐ Heat peanut oil in a large nonstick skillet over medium heat. Stir together zucchini and cornbread mixture.
- ☐ Drop 4 to 5 firmly packed 1/4 cupfuls zucchini mixture into hot oil; press lightly to flatten. Cook 3 to 4 minutes on each side or until golden brown.
- ☐ Drain on a wire rack over paper towels. Repeat with remaining zucchini mixture.
- ☐ Stir together olive oil and next 2 ingredients; toss with mozzarella and herbs. Top fritters with herb salad before serving.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:5.14, Inflammation Score:-8, Nutrition Score:19.273478368054%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 398.73kcal (19.94%), Fat: 25.77g (39.65%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 25.73g (9.36%), Sugar: 9.26g (10.29%), Cholesterol: 83.77mg (27.92%), Sodium: 969.58mg (42.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Vitamin K: 134.52µg (128.11%), Vitamin C: 43.28mg (52.46%), Calcium: 336.07mg (33.61%), Manganese: 0.47mg (23.55%), Phosphorus: 235.25mg (23.53%), Folate: 90.04µg (22.51%), Vitamin A: 1093.44IU (21.87%), Vitamin B2: 0.32mg (18.78%), Vitamin B6: 0.34mg (16.92%), Potassium: 560.34mg (16.01%), Vitamin B1: 0.21mg (13.84%), Selenium: 9.46µg (13.51%), Iron: 2.4mg (13.33%), Vitamin E: 1.93mg (12.85%), Fiber: 3.09g (12.34%), Magnesium: 44.29mg (11.07%), Vitamin B3: 1.95mg (9.75%), Vitamin B5: 0.79mg (7.87%), Copper: 0.16mg (7.8%), Zinc: 1.05mg (7.03%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.25µg (1.67%)