



Zucchini Fritters with Herbs and Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup parsley fresh italian chopped
- ☐ 3 ounces pecorino romano cheese freshly grated
- ☐ 1 cup yogurt plain
- ☐ 1 cup onion red finely chopped
- ☐ 1.5 teaspoon salt
- ☐ 8 servings vegetable oil for frying

- ☐ 1 cup breadcrumbs whole wheat toasted (scant)
- ☐ 1.3 pounds zucchini grated

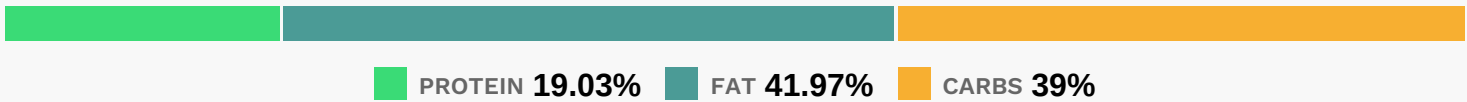
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Toss zucchini, onion and salt in large colander.
- ☐ Let stand 1 hour; squeeze as dry as possible.
- ☐ Transfer mixture to large bowl.
- ☐ Mix in next 6 ingredients.
- ☐ Pour vegetable oil into heavy large saucepan to depth of 1 inch. Attach deep-fry thermometer to side of saucepan; heat oil over medium-high heat to 350°F. Working in batches, shape zucchini-onion mixture by tablespoonfuls into balls.
- ☐ Add to hot oil. Fry in batches until fritters are brown, turning once, about 3 minutes total. Using slotted spoon, transfer fritters to paper towels to drain.
- ☐ Transfer to platter.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:14.273043425187%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 170kcal (8.5%), Fat: 8.66g (13.32%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 14.96g (5.44%), Sugar: 4.71g (5.23%), Cholesterol: 61.54mg (20.51%), Sodium: 679.14mg (29.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.83g (17.66%), Vitamin K: 135.49µg (129.04%), Vitamin C: 27.9mg (33.82%), Vitamin A: 1045.99IU (20.92%), Calcium: 200.55mg (20.05%), Phosphorus: 174.7mg (17.47%), Vitamin B2: 0.23mg (13.54%), Iron: 2.41mg (13.37%), Fiber: 3.14g (12.54%), Manganese: 0.24mg (11.77%), Folate: 45.66µg (11.42%), Potassium: 353.56mg (10.1%), Vitamin B6: 0.2mg (9.83%), Selenium: 6.33µg (9.04%), Magnesium: 31.99mg (8%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.34µg (5.73%), Vitamin B5: 0.57mg (5.7%), Vitamin B1: 0.07mg (4.58%), Vitamin E: 0.66mg (4.42%), Copper: 0.09mg (4.25%), Vitamin B3: 0.56mg (2.79%), Vitamin D: 0.33µg (2.23%)