



Zucchini Keftedes with Feta and Dill

 Vegetarian

READY IN



210 min.

SERVINGS



12

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings canola oil for frying
- ☐ 1 teaspoon kosher salt
- ☐ 12 servings optional: dill fresh chopped (for garnish)
- ☐ 1 large eggs beaten to blend
- ☐ 1 cup feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2 garlic clove minced

- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 12 servings greek yogurt plain greek-style reduced-fat (for garnish)
- ☐ 1 cup panko bread crumbs (japanese breadcrumbs)
- ☐ 1.3 pounds zucchini trimmed

Equipment

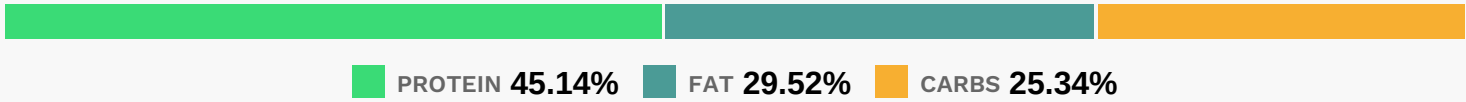
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ box grater

Directions

- ☐ Grate zucchini on large holes of box grater onto clean kitchen towel.
- ☐ Sprinkle zucchini with 1 teaspoon coarse salt; let stand at least 30 minutes and up to 1 hour.
- ☐ Line rimmed baking sheet with parchment or foil. Wrap zucchini in towel; squeeze out as much liquid as possible.
- ☐ Place zucchini in medium bowl.
- ☐ Mix in green onions, 3 tablespoons chopped dill, mint, garlic, lemon peel, and 1/2 teaspoon black pepper. Gently stir in panko and egg, then feta. Using 2 tablespoons zucchini mixture for each, shape mixture into 1 3/4- to 2-inch-diameter patty; place on baking sheet. Chill at least 1 hour. DO AHEAD: can be made 4 hours ahead. Keep chilled.
- ☐ Pour enough canola oil into heavy large skillet to reach depth of 1/4 inch; heat over medium-high heat. Working in batches, add patties to skillet. Cook until golden and cooked through, adjusting heat if browning too quickly, 3 to 4 minutes per side. Using slotted metal spoon, transfer to paper towels.
- ☐ Arrange keftedes on platter. Top each with dollop of yogurt.

- ☐ Sprinkle each with dill.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:13.815652292708%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 217.27kcal (10.86%), Fat: 7.07g (10.88%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 12.69g (4.61%), Sugar: 8.23g (9.15%), Cholesterol: 36.63mg (12.21%), Sodium: 456.11mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.68%), Vitamin B2: 0.76mg (44.82%), Phosphorus: 353.15mg (35.31%), Selenium: 24.41µg (34.88%), Calcium: 310.87mg (31.09%), Vitamin B12: 1.67µg (27.76%), Vitamin B6: 0.29mg (14.36%), Potassium: 459.24mg (13.12%), Vitamin C: 10.74mg (13.02%), Vitamin K: 13.36µg (12.73%), Zinc: 1.75mg (11.64%), Folate: 41.83µg (10.46%), Vitamin B5: 0.99mg (9.89%), Magnesium: 38.2mg (9.55%), Manganese: 0.19mg (9.53%), Vitamin B1: 0.14mg (9.37%), Vitamin A: 294.25IU (5.89%), Vitamin B3: 1.16mg (5.79%), Iron: 0.87mg (4.84%), Copper: 0.09mg (4.51%), Vitamin E: 0.66mg (4.43%), Fiber: 0.97g (3.88%)