

Zucchini Latkes

 Vegetarian

READY IN



1500 min.

SERVINGS



36

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 36 servings accompaniment: cream sour
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1.3 cups bread crumbs plain dry fine
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup vegetable oil for frying
- ☐ 3 pounds zucchini

Equipment

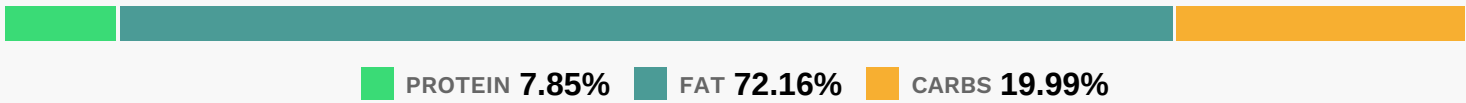
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Grate zucchini using medium shredding disk of a food processor.
- ☐ Transfer to a bowl and toss with 2 teaspoons salt.
- ☐ Let stand 30 minutes.
- ☐ Squeeze zucchini in batches in a kitchen towel to remove as much liquid as possible.
- ☐ Transfer zucchini to a large bowl and stir in bread crumbs, eggs, marjoram, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Preheat oven to 200°F.
- ☐ Heat 1/3 cup oil in a 12-inch heavy skillet over medium heat until it shimmers. Scoop 2 tablespoon mixture per latke into skillet (6 to 8 per batch). Flatten with a fork to form 2 1/2-to 3-inch pancakes. Fry until golden brown, about 2 minutes per side (adding more oil as necessary).
- ☐ Transfer to a paper-towel-lined baking sheet and keep warm in oven.

Nutrition Facts



Properties

Glycemic Index:0.42, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:3.2017391298128%

Flavonoids

Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 87.91kcal (4.4%), Fat: 7.22g (11.11%), Saturated Fat: 3.8g (23.76%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.94g (1.43%), Sugar: 1.64g (1.82%), Cholesterol: 27.28mg (9.09%), Sodium: 40.3mg (1.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin C: 6.86mg (8.31%), Vitamin A: 311.21IU

(6.22%), Vitamin B2: 0.09mg (5.44%), Manganese: 0.1mg (5.23%), Vitamin K: 4.61µg (4.39%), Vitamin B1: 0.06mg (3.99%), Folate: 15.26µg (3.82%), Vitamin B6: 0.08mg (3.82%), Potassium: 124.6mg (3.56%), Phosphorus: 35.17mg (3.52%), Selenium: 2.39µg (3.41%), Calcium: 24.85mg (2.49%), Magnesium: 9.91mg (2.48%), Vitamin B3: 0.45mg (2.24%), Fiber: 0.56g (2.23%), Iron: 0.4mg (2.21%), Vitamin E: 0.31mg (2.1%), Vitamin D: 0.3µg (1.97%), Vitamin B5: 0.18mg (1.8%), Copper: 0.03mg (1.69%), Zinc: 0.25mg (1.67%), Vitamin B12: 0.06µg (1.05%)