

Zucchini Pancakes

READY IN



30 min.

SERVINGS



5

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup baking mix
- 0.3 cup baking mix
- 2 tablespoons butter
- 2 eggs lightly beaten
- 0.3 cup parmesan cheese grated
- 0.1 teaspoon pepper
- 2 cups zucchini shredded

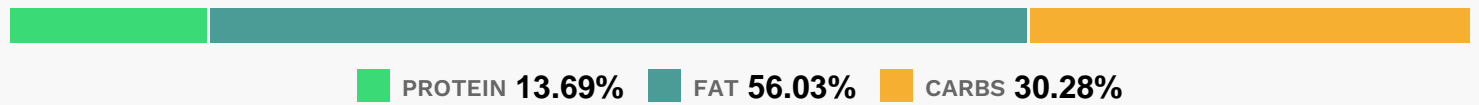
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine the biscuit mix, cheese, pepper and eggs just until blended.
- Add the zucchini and mix well.
- In a large skillet, melt butter. Drop batter by about 1/3 cupfuls into skillet; press lightly to flatten. Fry until golden brown, about 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:6.6800000252931%

Flavonoids

Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 163.41kcal (8.17%), Fat: 10.24g (15.75%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.61g (4.22%), Sugar: 3.18g (3.53%), Cholesterol: 82.18mg (27.39%), Sodium: 356.64mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.26%), Phosphorus: 180.42mg (18.04%), Vitamin B2: 0.22mg (12.72%), Selenium: 8.51µg (12.16%), Vitamin C: 8.93mg (10.82%), Folate: 40.65µg (10.16%), Calcium: 92.2mg (9.22%), Vitamin B1: 0.12mg (8.2%), Manganese: 0.16mg (7.89%), Vitamin A: 378.35IU (7.57%), Vitamin B6: 0.13mg (6.36%), Potassium: 191.03mg (5.46%), Vitamin B5: 0.54mg (5.36%), Iron: 0.96mg (5.35%), Vitamin B12: 0.3µg (4.93%), Vitamin B3: 0.97mg (4.85%), Zinc: 0.7mg (4.69%), Magnesium: 16.99mg (4.25%), Vitamin K: 3.78µg (3.6%), Fiber: 0.84g (3.38%), Copper: 0.07mg (3.31%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.38µg (2.51%)