



 11%
HEALTH SCORE

Zucchini Patties with Feta

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup flour ()
- 0.5 cup corn oil ()
- 1 large eggs
- 1 large egg yolk
- 0.5 cup feta cheese crumbled
- 1.5 tablespoons optional: dill fresh chopped
- 0.5 cup spring onion chopped
- 0.5 cup olive oil ()

- 1 cup parsley fresh italian chopped
- 18 servings greek yogurt plain
- 1 teaspoon salt divided
- 2.5 cups zucchini grated (from 3 medium)

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- sieve

Directions

- Toss zucchini and 1/2 teaspoon salt in large bowl.
- Let stand 5 minutes.
- Transfer to sieve. Press out excess liquid; place zucchini in dry bowl.
- Mix in egg, yolk, 1/2 cup flour, cheese, and 1/2 teaspoon salt.
- Mix in parsley, onions, and dill. If batter is very wet, add more flour by spoonfuls.
- Heat 2 tablespoons olive oil and 2 tablespoons corn oil in large skillet over medium heat. Working in batches, drop batter by rounded tablespoonfuls into skillet. Fry patties until golden, 5 minutes per side, adding more olive oil and corn oil as needed.
- Transfer to paper towels. DO AHEAD Can be made 1 day ahead.
- Place on baking sheet, cover, and chill. Rewarm uncovered in 350°F oven 12 minutes.
- Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:10.89, Glycemic Load:2.09, Inflammation Score:-5, Nutrition Score:13.529999953249%

Flavonoids

Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 179.33kcal (8.97%), Fat: 4.72g (7.26%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.65g (3.87%), Sugar: 7.09g (7.88%), Cholesterol: 34.24mg (11.41%), Sodium: 256.89mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.82%), Vitamin K: 62.51µg (59.53%), Vitamin B2: 0.65mg (38.46%), Selenium: 23.04µg (32.91%), Phosphorus: 308.5mg (30.85%), Calcium: 255.35mg (25.54%), Vitamin B12: 1.51µg (25.23%), Potassium: 364.53mg (10.42%), Vitamin C: 8.07mg (9.78%), Vitamin B6: 0.19mg (9.4%), Zinc: 1.36mg (9.09%), Folate: 35.4µg (8.85%), Vitamin B5: 0.84mg (8.39%), Vitamin A: 399.71IU (7.99%), Magnesium: 29.28mg (7.32%), Vitamin B1: 0.09mg (6.17%), Manganese: 0.09mg (4.26%), Vitamin B3: 0.81mg (4.04%), Iron: 0.72mg (4.02%), Vitamin E: 0.5mg (3.34%), Copper: 0.06mg (2.98%), Fiber: 0.45g (1.8%)