




 2%
HEALTH SCORE

Zucchini Puffs


 Vegetarian  Dairy Free

READY IN




20 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- 1.5 cups baking mix
- 1.5 cups baking mix
- 2 eggs
- 1 clove garlic minced
- 6 servings pepper black to taste
- 6 servings cooking oil for frying
- 0.3 cup onion finely chopped
- 2 cups zucchini shredded

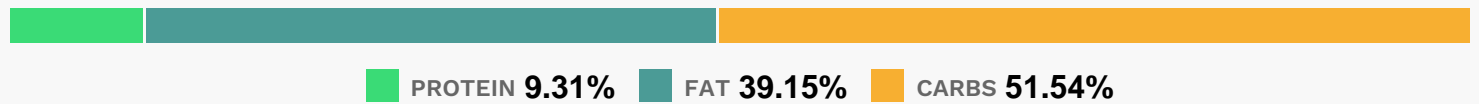
Equipment

- bowl
- paper towels

Directions

- In a large bowl, combine zucchini, eggs, onion, and garlic. Blend in baking mix, salt and pepper.
- Heat 1/2 inch of oil in deep-fryer to 375 degrees F (190 degrees C).
- Drop batter by spoonfuls into hot oil, and fry until evenly brown and fluffy.
- Drain on paper towels.
- Sprinkle with salt before serving.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:11.267391360324%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 313.21kcal (15.66%), Fat: 13.58g (20.89%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 38.4g (13.96%), Sugar: 8.37g (9.3%), Cholesterol: 55.76mg (18.59%), Sodium: 790.1mg (34.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Phosphorus: 398.6mg (39.86%), Vitamin B1: 0.37mg (24.91%), Folate: 93.11µg (23.28%), Vitamin B2: 0.37mg (21.8%), Manganese: 0.31mg (15.55%), Vitamin B3: 2.93mg (14.67%), Selenium: 9.19µg (13.14%), Calcium: 125.11mg (12.51%), Iron: 2.1mg (11.69%), Vitamin C: 8.23mg (9.97%), Vitamin B5: 0.85mg (8.52%), Vitamin B6: 0.15mg (7.62%), Vitamin K: 7.92µg (7.54%), Fiber: 1.82g (7.29%), Potassium: 238.99mg (6.83%), Copper: 0.13mg (6.51%), Magnesium: 25.16mg (6.29%), Vitamin B12: 0.36µg (6.08%), Vitamin E: 0.77mg (5.16%), Zinc: 0.7mg (4.67%), Vitamin A: 164.99IU (3.3%), Vitamin D: 0.29µg (1.96%)