



Zucchini-Ricotta Fritters

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 garlic cloves very thinly sliced
- ☐ 30 servings kosher salt and pepper freshly ground
- ☐ 30 servings lemon wedges for serving
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 30 servings olive oil for frying
- ☐ 3 large scallions very thinly sliced

- ☐ 0.5 cup sheep-milk ricotta cheese fresh
- ☐ 14 ounces zucchini shredded

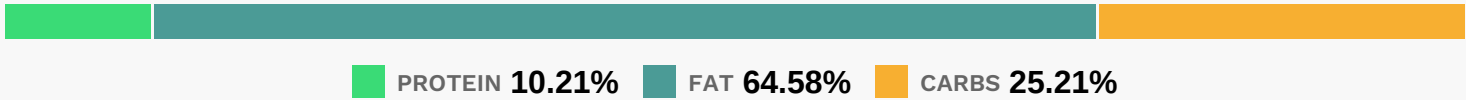
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ In a large bowl, combine the zucchini, garlic, scallions, ricotta, eggs, lemon zest and 1 teaspoon each of salt and pepper. Stir well, then stir in the flour just until incorporated.
- ☐ Line a large baking sheet with paper towels. In a large skillet, heat 1/4 inch of olive oil until shimmering. Working in batches, add 2-tablespoon mounds of the zucchini batter to the hot oil, spreading them to form 3-inch fritters. Fry over moderately high heat, turning once, until browned and crisp, about 3 minutes.
- ☐ Drain the fritters on the paper towels and serve right away, with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:6.82, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:2.2330434736998%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 51.22kcal (2.56%), Fat: 3.74g (5.75%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.44g (0.49%), Cholesterol: 14.63mg (4.88%), Sodium: 228.66mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin K: 7.5µg (7.14%), Vitamin C: 3.6mg (4.37%), Vitamin B2: 0.07mg (3.93%), Selenium: 2.53µg (3.62%), Folate: 12.99µg (3.25%), Vitamin E: 0.48mg (3.17%), Manganese: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.53%), Phosphorus: 24.83mg (2.48%), Vitamin B6: 0.04mg (2.21%), Calcium: 19.53mg (1.95%), Iron: 0.33mg (1.85%), Vitamin A: 80.24IU (1.6%), Potassium: 53.39mg (1.53%), Vitamin B3: 0.29mg (1.44%), Fiber: 0.33g (1.31%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.12mg (1.21%), Vitamin B12: 0.07µg (1.2%), Magnesium: 4.6mg (1.15%)