



Zucchini Rissoles

READY IN



45 min.

SERVINGS



12

CALORIES



123 kcal

SIDE DISH

Ingredients

- 1 cup bread crumbs dried fine
- 1 large eggs
- 1 tablespoon mint leaves fresh chopped
- 2 tablespoons olive oil
- 8 oz onion peeled
- 0.5 cup parmesan cheese dry grated
- 2 tablespoons parsley chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

- 3 tablespoons vegetable oil
- 1 pound zucchini rinsed ends trimmed

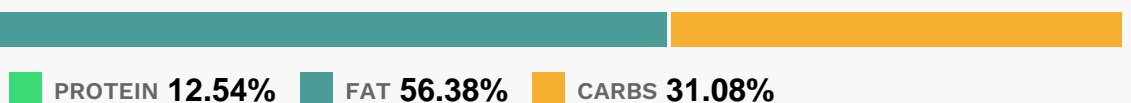
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- spatula

Directions

- Shred zucchini and onion.
- Pour olive oil into a 10- to 12-inch frying pan over medium-high heat.
- Add vegetables, salt, and pepper and cook, stirring frequently, until vegetables are soft and any liquid has evaporated, about 8 minutes.
- Transfer mixture to a large bowl and stir in bread crumbs, egg, cheese, parsley, and mint until incorporated.
- Let stand until cool enough to handle, about 15 minutes. With well-floured hands, form mixture into patties about 2 inches wide and 1/2 inch thick.
- Wipe pan clean and heat vegetable oil over medium heat. When oil is hot, add patties, three or four at a time. Cook, turning once, until golden brown on both sides, about 6 minutes total. Reduce heat as needed to maintain a constant temperature. With a spatula, transfer to a paper towel-lined baking pan; keep warm in 200 oven.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:5.6726087565007%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 123.15kcal (6.16%), Fat: 7.83g (12.05%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 8.54g (3.11%), Sugar: 2.36g (2.62%), Cholesterol: 18.33mg (6.11%), Sodium: 191.33mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin K: 21.04µg (20.04%), Vitamin C: 9.18mg (11.13%), Manganese: 0.19mg (9.37%), Calcium: 80.7mg (8.07%), Vitamin B1: 0.12mg (7.8%), Phosphorus: 72.62mg (7.26%), Selenium: 4.66µg (6.65%), Vitamin B2: 0.11mg (6.57%), Folate: 26.04µg (6.51%), Vitamin B6: 0.11mg (5.37%), Vitamin E: 0.73mg (4.86%), Fiber: 1.17g (4.68%), Potassium: 160.12mg (4.57%), Iron: 0.8mg (4.46%), Vitamin A: 205.11IU (4.1%), Vitamin B3: 0.82mg (4.1%), Magnesium: 15.64mg (3.91%), Zinc: 0.46mg (3.1%), Copper: 0.06mg (2.88%), Vitamin B5: 0.24mg (2.37%), Vitamin B12: 0.12µg (1.98%)