

Zucchini Fritters



Servings: 4

Ingredients:

- 2 cups grated zucchini (1/2 lb)
- 1/4 c Parmesan cheese
- 1/4 cup flour
- 2 eggs
- 2 tbsp mayonnaise
- 1/4 tsp dried oregano*
- 1/4 tsp salt
- 1-2 dashes pepper
- 1-2 tbsp oil

For extra flavor can add 2 tbsp fresh chopped herbs (parsley, basil, oregano), and a dash of cayenne pepper to add heat

Directions:

1. Wring out extra moisture from the grated zucchini, then add to a medium bowl.
2. Add all ingredients except the oil.
3. Heat up a large frying pan over medium high heat, add the oil to coat. Drop spoonfuls of the batter like mini pancakes. Cook until lightly brown around the edges, then flip and cook until lightly brown on both sides.

FFC Zucchini Patties		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	211.3 kcal	11 %
Total Fat	16.7 g	26 %
Saturated Fat	3.6 g	18 %
Trans Fat	0.1 g	
Cholesterol	101.5 mg	34 %
Sodium	341.4 mg	14 %
Total Carbohydrate	9.6 g	3 %
Dietary Fiber	1 g	4 %
Sugars	2.2 g	
Protein	6.2 g	12 %
Vitamin A	4 % • Vitamin C	22 %
Calcium	8 % • Iron	4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

