

Italian Zucchini Fritters

Yield: 12 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spice-world-italian-herb-and-garlic-recipe>

Ingredients:

- 2 pounds zucchini washed and grated and tossed in a bowl with 1 teaspoon salt
- 2 large eggs
- 1/4 cup fresh parsley chopped
- 1/3 cup yellow onion finely chopped
- 2 cloves garlic minced
- 3 tablespoons Italian herbs chopped fresh, basil, rosemary, oregano, etc
- 1/3 cup unbleached all purpose flour GF: use gluten-free all-purpose flour
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon baking powder
- 1/8 teaspoon ground nutmeg
- oil for frying

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 40 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 85 milligrams
9. Sugar: 3 grams

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