

Zucchini Patties

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-oven-frittata-recipes>

Ingredients:

- 2 cups zucchini grated, lightly salted and pressed between towels to remove excess moisture
- 2 eggs beaten
- 1/4 cup chopped onion
- 1/2 cup all purpose flour
- 1/2 cup grated Parmesan cheese
- 3/4 cup shredded mozzarella cheese
- 1/2 cup bread crumbs
- 2 teaspoons minced garlic
- 1 teaspoon oregano
- salt to taste
- 2 tablespoons vegetable oil

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 135 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 650 milligrams
9. Sugar: 3 grams

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