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## Vegan Zucchini-Corn Fritters ♦

Vegan Zucchini-Corn Fritters are a delicious and healthy snack or side dish made with fresh zucchini, corn, and a combination of spices. They are crispy on the outside and tender on the inside, and they are perfect for any occasion. These fritters are vegan, meaning they are free of any animal products, making them suitable for those following a plant-based diet.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 400 grams

**Number of Servings:** 4

**Serving Size:** 100 g

### Ingredients

300 g	zucchini
200 g	corn
100 g	flour
50 g	chickpea flour

<b>1 tsp</b>	baking powder
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>0.5 tsp</b>	paprika
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>20 g</b>	fresh parsley
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

#### Preparation

Grate the zucchini and squeeze out the excess moisture using a clean kitchen towel or paper towels.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a large bowl, combine the grated zucchini, corn, flour, chickpea flour, baking powder, salt, black pepper, paprika, minced onion, minced garlic, and chopped parsley. Mix well

to combine.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 3

Frying

Heat olive oil in a large non-stick skillet over medium heat. Scoop about 1/4 cup of the zucchini-corn mixture and flatten it into a patty. Place the patty in the skillet and cook for about 3-4 minutes on each side, or until golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

### Step 4

Frying

Remove the fritters from the skillet and place them on a paper towel-lined plate to drain excess oil. Repeat with the remaining zucchini-corn mixture.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat: 10 g**

**Protein: 8 g**

**Carbohydrates: 20 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Snack Supper

### Difficulty Level

Easy

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