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Gluten-Free Zucchini Fritters with Lemon Basil Cashew Cream ♦♦

These gluten-free zucchini fritters are a delicious and healthy alternative to traditional fritters. They are made with fresh zucchini and are topped with a creamy lemon basil cashew cream. Perfect for a light lunch or dinner.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

500 g	zucchini
100 g	gluten-free flour
2 units	Egg
2 cloves	garlic

1 medium	onion
1 teaspoon	Salt
1 teaspoon	Pepper
2 tablespoon	olive oil
100 g	Cashews
2 tablespoon	Lemon juice
10 g	basil leaves

Directions

Step 1

Grate the zucchini and squeeze out excess moisture.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Finely chop the garlic and onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the grated zucchini, garlic, onion, gluten-free flour, eggs, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat olive oil in a frying pan over medium heat. Drop spoonfuls of the zucchini mixture into the pan and flatten with a spatula. Cook for 3-4 minutes on each side until golden brown.

Prep Time: 5 mins

Cook Time: 8 mins

Step 5

Blending

In a blender, combine cashews, lemon juice, basil leaves, and a pinch of salt. Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Serving

Serve the zucchini fritters with the lemon basil cashew cream on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

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 Dinner Snack

Difficulty Level

Medium

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