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# Easy Zucchini Fritters

1.6 net carbs per serving (2 fritters).



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Servings: 6

1 lb zucchini, grated  
salt, to taste  
1/4 c Parmesan cheese, grated  
2 eggs  
2 green onions, chopped  
3 garlic cloves, chopped  
4 basil leaves, chopped  
1 pinch nutmeg, ground  
1 pinch onion powder  
black pepper, to taste  
2 tbsp butter  
1 tbsp coconut oil (or MCT oil) as needed

## DIRECTIONS

Wrap grated zucchini in paper towels (or a cloth) and squeeze/blot. Squeeze out as much water as possible!! We're going for DRY here.

Spread zucchini on fresh paper towels and sprinkle with salt. Let zucchini rest for a half hour to release any additional water, then squeeze/blot a second time.

In a bowl, mix together Parmesan, eggs, green onions, garlic, basil, nutmeg, onion powder and black pepper. Add zucchini and toss well to combine.

Heat butter and olive oil in a pan over medium heat until the oil is shimmery and hot. Test the oil by flicking a little batter into the pan. If the batter sizzles, it's ready.

Form 1 1/2 to 2-inch balls with the batter, and place in the hot frying pan.

Cook the zucchini fritters in batches. Drop heaping tablespoons of batter into the oil. Flatten lightly with a spatula or back of a spoon. Cook until browned, turning once, about 4 to 6 minutes on each side.

Transfer to a paper towel-lined plate. Sprinkle with salt. Repeat with remaining batter. Serve immediately, or store in the fridge or freezer.

**Reheat fritters:** Toast in a toaster oven or place under a broiler for a few minutes, or until crispy.

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Per Serving: 105 Calories; 9g Fat (74.0% calories from fat); 4g Protein; 3g Carbohydrate; 1.4g Dietary Fiber.

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