

# Healthy Low-Carb Zucchini Fritters

Hands-on 10 minutes Overall 10 minutes



**Nutritional values (per serving, 2 patties):** Total carbs: 6.3 g, Fiber: 2.4 g, **Net carbs: 3.9 g,**

Protein: 9.9 g, Fat: 24.7 g, Calories: 278 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

- 2-3 medium zucchini, grated (450 g/ 1 lb)
- 1/2 cup [almond flour](#) (50 g/ 1.8 oz)
- 1/3 cup grated Parmesan cheese *or* other hard cheese (30 g/ 1.1 oz)
- 2 large eggs
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1/4 cup [extra virgin olive oil](#) (60 ml)

## Instructions

1. Squeeze out the water from the zucchini using a tea towel or your hands. Place the zucchini in a medium mixing bowl with the remaining ingredients (apart from the olive oil) and mix well.
2. Heat the oil in a large nonstick skillet over medium high heat. Divide the zucchini mixture into 8 patties and fry 2-3 minutes per side until golden and crisp and serve.
3. Store leftover fritters in an airtight container in the refrigerator for up to 5 days. To reheat simply place in toaster oven for 5-7 minutes or reheat for 1-2 minutes per side in a bit of oil.

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