Cornell University
Cooperative Extension
Schuyler County

Zucchini Burgers

Ingredients	Instructions
2 cups grated zucchini (squeeze water out of it - I do with my hands) 1/4 cup onion, chopped fine 1/4 cup shredded carrots 1 egg 3/4 cup of parmesan bread crumbs 3/4 cup of grated cheddar cheese 1/2 tsp of thyme 1/2 tsp of sage 1/2 tsp of crushed rosemary 1 clove of garlic crushed 1/2 Tbsp. olive oil 1/2 tsp. salt 1/4 tsp. pepper	1. Mix ingredients in a large bowl in order 2. Form into patties (add a bit more bread crumbs if mix is too wet). 3. Fry over medium heat in olive oil in a non-stick pan until brown on both sides. I usually increase the recipe by half as much or even double it (starting out with 3 or 4 cups of grated zucchini) when I am making the burgers my main entree.

Nutrition Facts

Serving Size 1/2 cup - formed into a round patty
Servings Per Container about 6

Amount Per Serving

Calories 110	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 730mg	**30%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 7g	

Vitamin A 20% • Vitamin C 15%
Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

32% of calories from fat

Source: Recipe modified from the recipe collection of Suzanne Klinga. Nutrition facts calculated by the Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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