



Aida's Scalloped Zucchini

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 cups aged cheddar shredded
- ☐ 4 teaspoons flour all-purpose
- ☐ 4 teaspoons garlic minced from 4 medium cloves
- ☐ 6 servings olive oil
- ☐ 6 servings salt
- ☐ 1 cup shallots thinly sliced
- ☐ 16 thyme sprigs

☐ 2 pounds zucchini ends trimmed sliced into 1/ coins

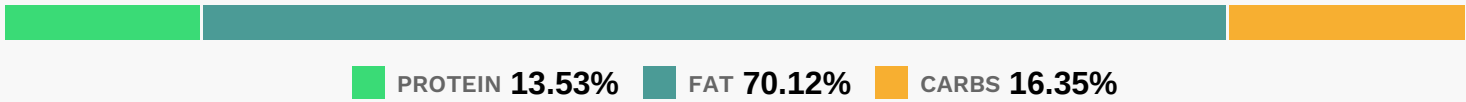
Equipment

- ☐ bowl
- ☐ sieve
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat grill to 350 degrees F (medium heat) and oil well.
- ☐ Place zucchini in a sieve set over a bowl, salt well, toss to coat, and set aside to let drain, at least 5 minutes.
- ☐ When ready to cook, oil 1 piece of aluminum foil on 1 side.
- ☐ Sprinkle 1/4 cup cheese in the middle of the foil to form a rectangle, shingle 1/4 of the zucchini over cheese (about 3 rows of 8 zucchini coins).
- ☐ Sprinkle 1/4 cup of the shallots and 1 teaspoon of garlic evenly over top, and season with salt and freshly ground black pepper. Top with another 1/4 cup cheese, sprinkle with 1 teaspoon all-purpose flour, and top with 4 sprigs of thyme. Enclose foil tightly to form a packet and repeat to make 4 packets.
- ☐ Place the packets on the grill and cook until zucchini is soft and cooked through, turning once, about 10 minutes total.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:15.943478221479%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 341.16kcal (17.06%), Fat: 27.48g (42.27%), Saturated Fat: 9.34g (58.37%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 10.98g (3.99%), Sugar: 7.03g (7.81%), Cholesterol: 37.67mg (12.56%), Sodium: 459.37mg (19.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Manganese: 0.86mg (42.78%), Vitamin C: 34.49mg (41.81%), Calcium: 321mg (32.1%), Phosphorus: 258.75mg (25.87%), Vitamin B6: 0.42mg (21.06%), Vitamin B2: 0.34mg (19.82%), Selenium: 11.94µg (17.06%), Vitamin E: 2.56mg (17.04%), Potassium: 581.31mg (16.61%), Vitamin K: 17.26µg (16.44%), Vitamin A: 809.7IU (16.19%), Folate: 61.43µg (15.36%), Zinc: 2.1mg (13.99%), Fiber: 3.43g (13.74%), Magnesium: 52.13mg (13.03%), Iron: 1.79mg (9.94%), Vitamin B1: 0.12mg (7.7%), Copper: 0.15mg (7.4%), Vitamin B12: 0.4µg (6.65%), Vitamin B5: 0.6mg (6%), Vitamin B3: 0.92mg (4.6%), Vitamin D: 0.23µg (1.51%)