



Bacon, Zucchini, and Cornbread Bake

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 3 rib celery chopped
- ☐ 1 large eggs lightly beaten
- ☐ 2 garlic cloves minced
- ☐ 0.5 bell pepper green chopped
- ☐ 1 cup milk
- ☐ 1 medium onion chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 2 ounces cheddar cheese shredded

- ☐ 6 ounce cornbread stuffing mix
- ☐ 3 large zucchini shredded

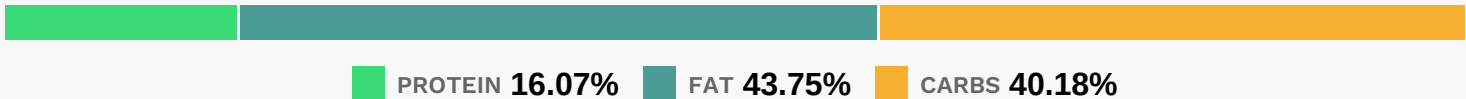
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ stove

Directions

- ☐ Cook bacon in a large skillet over medium heat until crisp; remove bacon, reserving 2 teaspoons drippings in skillet. Crumble bacon, and set aside.
- ☐ Saut onion and next 4 ingredients in reserved drippings over medium-high heat until tender.
- ☐ Stir together stuffing mix, seasoning packet, and milk; let stand 10 minutes. Stir in bacon, sauted vegetables, zucchini, and egg; spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Bake at 350 for 30 minutes; sprinkle with shredded cheese. Cover and bake 20 more minutes.
- ☐ Note: For testing purposes only, we used Stove Top Stuffing
- ☐ Mix For Chicken.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:13.599565174269%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 237.71kcal (11.89%), Fat: 11.69g (17.99%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 21.73g (7.9%), Sugar: 7.39g (8.21%), Cholesterol: 45.1mg (15.03%), Sodium: 485.97mg (21.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.33%), Vitamin C: 38.44mg (46.6%), Selenium: 18.45µg (26.36%), Manganese: 0.39mg (19.71%), Vitamin B2: 0.33mg (19.31%), Folate: 76.15µg (19.04%), Vitamin B6: 0.37mg (18.61%), Phosphorus: 184.05mg (18.41%), Vitamin B1: 0.26mg (17.64%), Potassium: 513.71mg (14.68%), Calcium: 137.89mg (13.79%), Vitamin A: 665.37IU (13.31%), Vitamin B3: 2.61mg (13.04%), Magnesium: 41.85mg (10.46%), Fiber: 2.43g (9.72%), Zinc: 1.31mg (8.71%), Iron: 1.55mg (8.59%), Vitamin B5: 0.72mg (7.15%), Copper: 0.14mg (7.14%), Vitamin K: 6.82µg (6.49%), Vitamin B12: 0.38µg (6.37%), Vitamin E: 0.58mg (3.87%), Vitamin D: 0.57µg (3.79%)