



Baked Zucchini

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- 8 sprigs thyme leaves fresh chopped
- 1 pinch hungarian paprika
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 0.5 cup panko breadcrumbs (Japanese)
- 0.3 cup parmesan cheese grated
- 1 pound zucchini sliced

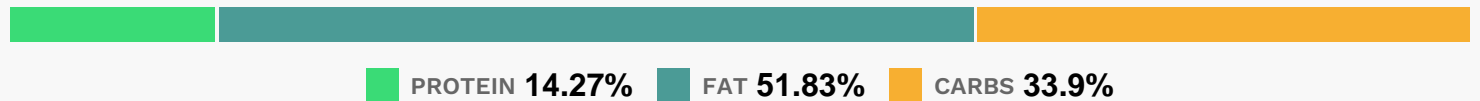
Equipment

- bowl
- oven
- baking pan
- pie form

Directions

- Watch how to make this recipe.
- Heat the oven to 350 degrees F.
- Brush 1 teaspoon olive oil on the bottom of an 8 by 8-inch baking dish. Arrange the slices of zucchini in the dish with an overlapping pattern in rows or a spiral in a pie dish.
- Sprinkle with salt, pepper and paprika.
- To make the topping: In a bowl, stir together the panko breadcrumbs, thyme, Parmesan cheese and season with a sprinkle of salt and a few grinds of pepper.
- Add 1 tablespoon olive oil and stir until all the breadcrumbs are soaked with the yellow tint of the oil.
- Sprinkle the topping evenly over the dish and bake until the top is golden brown, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.32, Inflammation Score:-8, Nutrition Score:5.3778260538112%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 78.73kcal (3.94%), Fat: 4.72g (7.26%), Saturated Fat: 1.19g (7.47%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.7g (2.07%), Sugar: 2.22g (2.47%), Cholesterol: 3.63mg (1.21%), Sodium: 115.88mg (5.04%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Vitamin C: 15.67mg (18.99%), Manganese: 0.22mg (11.08%), Vitamin B6: 0.14mg (7.06%), Vitamin B2: 0.11mg (6.71%), Vitamin A: 333.22IU (6.66%), Phosphorus: 65.49mg (6.55%), Potassium: 228.06mg (6.52%), Calcium: 64.33mg (6.43%), Folate: 24.44µg (6.11%), Vitamin B1: 0.08mg (5.65%), Vitamin K: 5.76µg (5.48%), Fiber: 1.25g (5%), Magnesium: 19.82mg (4.95%), Iron: 0.83mg (4.64%), Selenium: 2.88µg (4.12%), Vitamin E: 0.6mg (3.98%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.53mg (3.52%), Copper: 0.06mg (3.22%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.07µg (1.23%)