



Baked Zucchini

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon garlic minced
- ☐ 6 servings paprika to taste
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 large zucchini

Equipment

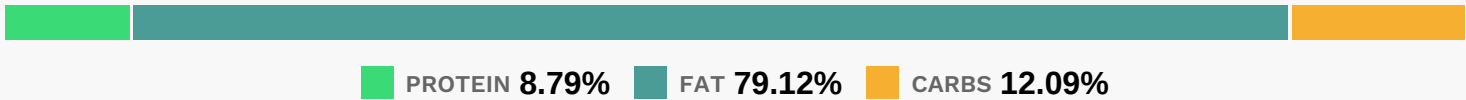
- ☐ bowl

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of water to a boil.
- ☐ Add zucchini and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and scoop out seeds.
- ☐ In a medium bowl combine cream cheese, sour cream, Parmesan cheese and garlic. Spoon mixture into zucchini halves and sprinkle with paprika.
- ☐ Bake in preheated oven for 10 to 15 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:7.8547825145981%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 242.52kcal (12.13%), Fat: 22.04g (33.91%), Saturated Fat: 12.24g (76.51%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.31g (2.29%), Sugar: 4.3g (4.77%), Cholesterol: 64.42mg (21.47%), Sodium: 209.38mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin A: 1875.37IU (37.51%), Vitamin B2: 0.24mg (14.26%), Calcium: 127.82mg (12.78%), Vitamin C: 10.42mg (12.62%), Phosphorus: 124.77mg (12.48%), Vitamin B6: 0.19mg (9.37%), Selenium: 6.55µg (9.36%), Potassium: 296.93mg (8.48%), Manganese: 0.16mg (8.06%), Vitamin E: 1.14mg (7.6%), Magnesium: 22.28mg (5.57%), Vitamin B5: 0.53mg (5.26%), Vitamin K: 5.38µg (5.13%), Zinc: 0.77mg (5.13%), Fiber: 1.26g (5.06%), Folate: 19.89µg (4.97%), Iron: 0.73mg (4.07%), Vitamin B12: 0.22µg (3.67%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (3.11%), Vitamin B3: 0.53mg (2.63%)