



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 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

 **PROTEIN 8.79%** **FAT 79.12%** **CARBS 12.09%**

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: 0g (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%), Zinc: 0.77mg (5.13%), Vitamin K: 5.38µg (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%)