



## Baked Zucchini Chips

READY IN



15 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

### Ingredients

- 2 egg whites
- 0.1 teaspoon ground pepper black
- 2 tablespoons parmesan cheese grated
- 0.5 cup seasoned bread crumbs dry
- 2 medium zucchini cut into 1/4-inch slices

### Equipment

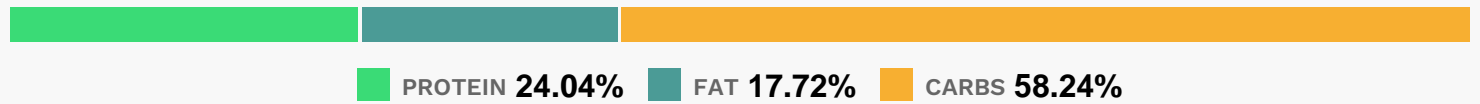
- bowl
- baking sheet

oven

## Directions

- Preheat the oven to 475 degrees F (245 degrees C).
- In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese.
- Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture.
- Place on a greased baking sheet.
- Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:7.7073912860259%

## Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 92.59kcal (4.63%), Fat: 1.86g (2.87%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 12.05g (4.38%), Sugar: 3.42g (3.8%), Cholesterol: 2.33mg (0.77%), Sodium: 276.9mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin C: 17.95mg (21.75%), Manganese: 0.33mg (16.64%), Vitamin B2: 0.23mg (13.47%), Vitamin B1: 0.19mg (12.64%), Selenium: 7.78µg (11.11%), Vitamin K: 11.26µg (10.72%), Folate: 42.13µg (10.53%), Vitamin B6: 0.19mg (9.42%), Potassium: 320.31mg (9.15%), Phosphorus: 81.99mg (8.2%), Vitamin B3: 1.38mg (6.92%), Fiber: 1.73g (6.92%), Magnesium: 27.17mg (6.79%), Calcium: 66.41mg (6.64%), Iron: 1.13mg (6.28%), Vitamin A: 246.92IU (4.94%), Copper: 0.09mg (4.69%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.33mg (3.31%), Vitamin B12: 0.1µg (1.66%), Vitamin E: 0.17mg (1.13%)