



Baked Zucchini de Provence

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

172 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup breadcrumbs
- ☐ 1 tablespoon herbs de provence
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoons sea salt fine
- ☐ 3 zucchini sliced into 1/4-inch rounds

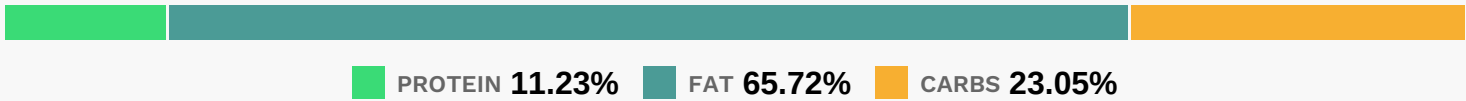
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Arrange a layer of zucchini slices into the bottom of a 9-inch pie pan so they slightly overlap one another; drizzle with 1 tablespoon olive oil and season with some of the sea salt and herbes de Provence. Repeat layering until the zucchini is all used.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ While the zucchini bakes, stir together the breadcrumbs, Parmesan cheese, and 3 tablespoons olive oil in a bowl; season with salt and pepper.
- ☐ Spread evenly over the baked zucchini and return to oven 10 minutes more; serve hot.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:10.370869598311%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 171.73kcal (8.59%), Fat: 13.02g (20.03%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 8.13g (2.96%), Sugar: 4.16g (4.62%), Cholesterol: 4.25mg (1.42%), Sodium: 1518.58mg (66.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin C: 26.81mg (32.5%), Vitamin K: 30.34µg (28.89%), Manganese: 0.41mg (20.28%), Calcium: 129.72mg (12.97%), Vitamin B6: 0.26mg (12.95%), Iron: 2.23mg (12.38%), Vitamin E: 1.78mg (11.88%), Potassium: 411.17mg (11.75%), Folate: 45.68µg (11.42%), Phosphorus: 112.38mg (11.24%), Vitamin B2: 0.19mg (11.18%), Vitamin B1: 0.14mg (9.27%), Magnesium: 34.35mg (8.59%), Fiber: 2.14g (8.58%), Vitamin A: 380.81IU (7.62%), Vitamin B3: 1.18mg (5.89%), Zinc: 0.81mg (5.37%), Copper: 0.11mg (5.34%), Selenium: 3.45µg (4.93%), Vitamin B5: 0.37mg (3.65%), Vitamin B12: 0.1µg (1.64%)