



Baked Zucchini Fries



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cornflake crumbs
- ☐ 0.5 cup yogurt low-fat (I used)
- ☐ 0.3 teaspoon salt
- ☐ 1 zucchini cut into 3 x 1/2-inch sticks

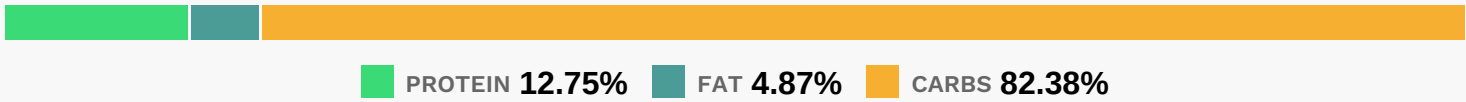
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray a baking sheet with oil.
- ☐ Mix bread crumbs, salt and black pepper/chili powder, if using.Coat zucchini sticks with yogurt. Press into crumb mixture a few at a time. Arrange on baking sheet.
- ☐ Bake 15 minutes, until golden brown and tender. I felt that the zucchini fries were not crunchy enough, so I kept baking until 24 minutes, checking every 2–3 minutes.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.31, Inflammation Score:–9, Nutrition Score:28.535217300705%

Flavonoids

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

Nutrients (% of daily need)

Calories: 266.4kcal (13.32%), Fat: 1.5g (2.31%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 54.17g (19.7%), Sugar: 12.38g (13.76%), Cholesterol: 3.67mg (1.23%), Sodium: 772.58mg (33.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.67%), Iron: 17.51mg (97.26%), Vitamin B2: 1.12mg (66.01%), Vitamin B6: 1.25mg (62.42%), Folate: 241.41µg (60.35%), Vitamin B1: 0.86mg (57.57%), Vitamin B3: 11.1mg (55.5%), Vitamin B12: 3.3µg (55.01%), Vitamin C: 30.45mg (36.91%), Vitamin A: 1283.6IU (25.67%), Phosphorus: 185.77mg (18.58%), Potassium: 498.53mg (14.24%), Vitamin D: 2.13µg (14.2%), Manganese: 0.28mg (13.8%), Calcium: 130.9mg (13.09%), Magnesium: 51.13mg (12.78%), Fiber: 2.93g (11.73%), Selenium: 7.13µg (10.18%), Zinc: 1.45mg (9.67%), Copper: 0.18mg (8.86%), Vitamin B5: 0.7mg (6.97%), Vitamin K: 4.34µg (4.13%), Vitamin E: 0.21mg (1.38%)