



Baked Zucchini Fries with Tomato Coulis Dipping Sauce



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup unseasoned bread crumbs
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons basil fresh chopped
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt

- ☐ 8 servings kosher salt and pepper black freshly ground to taste
- ☐ 1 tablespoon shallots minced
- ☐ 1 pound tomatoes diced cored ripe peeled
- ☐ 2 tablespoons white-wine vinegar
- ☐ 3 medium zucchini cut lengthwise into 2-inch-long and 1/4-inch-thick pieces (peel first, if desired, and avoid round pattypan squash — the shape does not lend itself to fries)

Equipment

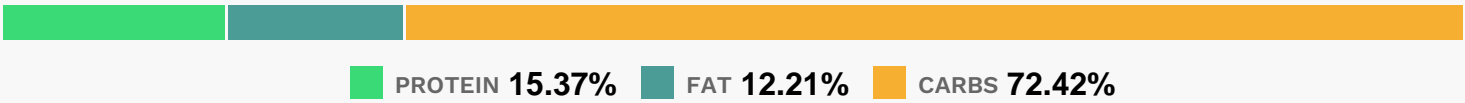
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Combine all the coulis ingredients in a blender and pureé.
- ☐ Transfer to a sauté pan and cook over medium heat until fragrant and warmed through, 3 to 5 minutes.
- ☐ Transfer to the refrigerator to cool.
- ☐ Preheat oven to 350°F.
- ☐ In a medium bowl, combine the bread crumbs, salt, and pepper.
- ☐ Place the flour in another medium bowl and the beaten eggs in a smaller bowl.
- ☐ Dip the zucchini sticks first in the flour until lightly coated, then in the beaten eggs.
- ☐ Roll them in the bread-crumb mixture until well covered.
- ☐ Transfer the zucchini pieces to a nonstick baking sheet and bake until the zucchini is tender but the coating is crisp, about 20 minutes.
- ☐ Let the fries cool slightly before eating.
- ☐ Serve with the coulis as a dipping sauce.
- ☐ Yellow summer squash (like the long crookneck and round pattypan varieties), golden zucchini, and common green zucchini (pictured here) are interchangeable, so choose

whatever looks freshest. The ones that are shiny-skinned and taut, not rubbery, are your best bet.

Nutrition Facts



Properties

Glycemic Index:41.16, Glycemic Load:10.4, Inflammation Score:-6, Nutrition Score:10.28173919346%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 157.62kcal (7.88%), Fat: 2.16g (3.33%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 26.3g (9.56%), Sugar: 6.19g (6.88%), Cholesterol: 40.92mg (13.64%), Sodium: 264.16mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Vitamin C: 19.38mg (23.49%), Vitamin B1: 0.32mg (21.61%), Manganese: 0.43mg (21.36%), Folate: 76.36µg (19.09%), Selenium: 12.25µg (17.5%), Vitamin A: 672.3IU (13.45%), Vitamin B3: 2.55mg (12.77%), Vitamin B2: 0.21mg (12.55%), Iron: 2.04mg (11.32%), Fiber: 2.56g (10.25%), Phosphorus: 98.91mg (9.89%), Potassium: 318.03mg (9.09%), Copper: 0.17mg (8.41%), Vitamin B6: 0.16mg (8.11%), Magnesium: 32.22mg (8.06%), Vitamin K: 7.93µg (7.56%), Calcium: 52.69mg (5.27%), Zinc: 0.74mg (4.95%), Vitamin B5: 0.43mg (4.35%), Vitamin E: 0.53mg (3.51%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.22µg (1.47%)