



Baked Zucchini Squares

READY IN



55 min.

SERVINGS



16

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup biscuit baking mix
- 1.5 teaspoons basil dried
- 4 eggs
- 1 tablespoon parsley fresh minced
- 1 small onion chopped
- 1.5 teaspoons oregano dried
- 0.5 cup parmesan cheese grated
- 0.5 cup pepperoni chopped
- 0.5 teaspoon salt

- 0.5 cup mozzarella cheese shredded
- 0.5 cup vegetable oil
- 3 zucchini grated

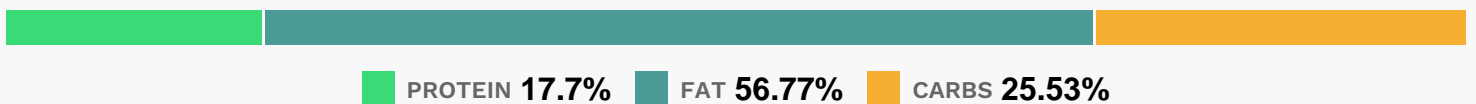
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- Combine biscuit mix, Parmesan cheese, mozzarella cheese, parsley, oregano, basil, and salt in a bowl.
- Mix eggs, oil, and onion in a bowl. Stir biscuit mixture into egg mixture until just combined; fold in zucchini and pepperoni.
- Transfer to baking dish.
- Bake in preheated oven until golden brown and set, 30 to 35 minutes. Allow to cool slightly and cut into squares.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:5.4617391669232%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 110.13kcal (5.51%), Fat: 6.99g (10.76%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.35g (2.31%), Sugar: 2.07g (2.3%), Cholesterol: 49.98mg (16.66%), Sodium: 319.79mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.81%), Phosphorus: 119.35mg (11.93%), Vitamin K: 11.84µg (11.27%), Selenium: 6.76µg (9.66%), Vitamin B2: 0.15mg (8.88%), Vitamin C: 7.26mg (8.8%), Calcium: 77.93mg (7.79%), Manganese: 0.14mg (7.16%), Folate: 25.92µg (6.48%), Vitamin B6: 0.11mg (5.48%), Vitamin B1: 0.08mg (5.21%), Vitamin B12: 0.29µg (4.92%), Potassium: 154.02mg (4.4%), Iron: 0.79mg (4.4%), Zinc: 0.65mg (4.33%), Vitamin A: 208.93IU (4.18%), Vitamin B5: 0.38mg (3.76%), Vitamin B3: 0.72mg (3.59%), Magnesium: 13.98mg (3.49%), Fiber: 0.72g (2.89%), Vitamin E: 0.39mg (2.58%), Copper: 0.05mg (2.45%), Vitamin D: 0.3µg (1.97%)