



Baked Zucchini Sticks



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cornmeal yellow
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon seasoning italian
- ☐ 1 eggs
- ☐ 3 medium zucchini cut into 3x1/4-inch strips
- ☐ 1 serving tomatoes
- ☐ 1 cup frangelico

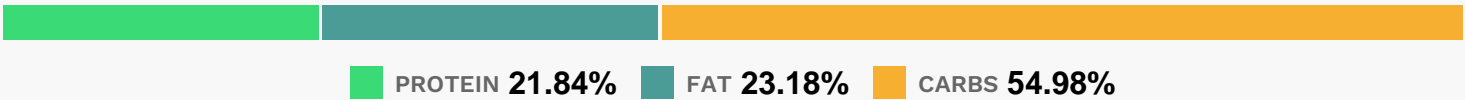
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 475°. Spray cookie sheet with nonstick cooking spray or line with parchment paper.
- ☐ In small bowl, combine Bisquick mix, cornmeal, salt, pepper and Italian seasoning.
- ☐ In another small bowl, beat egg. Dip zucchini slices into egg mixture; then in Bisquick mixture.
- ☐ Place on prepared cookie sheet. Spray zucchini with nonstick cooking spray.
- ☐ Bake at 475° for 5 minutes.
- ☐ Remove from oven, turn zucchini sticks; spray with nonstick cooking spray. Return to oven, and bake an additional 5 minutes or until golden brown.
- ☐ Serve with marinara sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:27.58, Glycemic Load:2.13, Inflammation Score:-4, Nutrition Score:6.1517391463985%

Flavonoids

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

Nutrients (% of daily need)

Calories: 45.71kcal (2.29%), Fat: 1.28g (1.97%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.12g (1.86%), Sugar: 3.26g (3.63%), Cholesterol: 27.28mg (9.09%), Sodium: 502.82mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Vitamin C: 18.98mg (23%), Manganese: 0.25mg (12.46%), Vitamin B6: 0.21mg (10.71%), Potassium: 341.67mg (9.76%), Vitamin B2: 0.14mg (8.42%), Folate: 30.36µg (7.59%), Fiber: 1.71g (6.85%), Vitamin A: 327.75IU (6.56%), Phosphorus: 65.28mg (6.53%), Magnesium: 25.89mg

(6.47%), Vitamin K: 6.12µg (5.83%), Iron: 0.87mg (4.82%), Copper: 0.09mg (4.62%), Vitamin B1: 0.06mg (4.16%), Vitamin B5: 0.4mg (3.99%), Selenium: 2.79µg (3.98%), Zinc: 0.56mg (3.76%), Vitamin B3: 0.74mg (3.71%), Vitamin E: 0.53mg (3.55%), Calcium: 26.49mg (2.65%), Vitamin B12: 0.07µg (1.09%)