



Baked Zucchini with Pancetta & Breadcrumbs

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 5 tablespoon olive oil extra-virgin
- ☐ 2 cup onion finely chopped (1 large)
- ☐ 4 ounces flat pancetta with prosciutto or bacon slices) cut in half crosswise (substitutue
- ☐ 2 slice sandwich bread white

Equipment

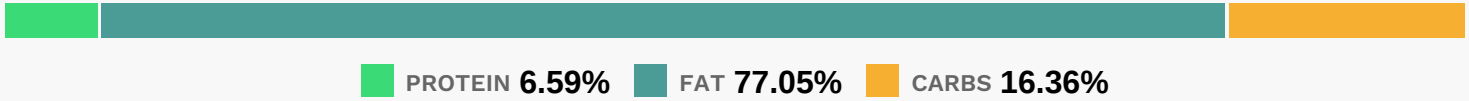
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Heat 3 tablespoons oil in a large skillet over medium heat.
- ☐ Add onion and cook, stirring occasionally, until softened, about 8 minutes.
- ☐ Transfer to a 12×12 baking dish and spread to make a bed for the zucchini.In the bowl of a food processor, combine bread, cheese and rosemary. Pulse until bread is broken into chunky crumbs and mixture is combined. Put zucchini on top of onions in baking dish, cut-side up. Put 1 piece pancetta, prosciutto or bacon between each zucchini piece, then sprinkle with bread mixture and drizzle with remaining 2 tablespoons oil.
- ☐ Bake until zucchini is very tender, about 1 hour and 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:3.1556521757789%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 169.35kcal (8.47%), Fat: 14.64g (22.52%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.17g (2.24%), Sugar: 2.03g (2.26%), Cholesterol: 9.36mg (3.12%), Sodium: 125.43mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin E: 1.34mg (8.95%), Selenium: 4.5µg (6.43%), Vitamin B1: 0.09mg (5.95%), Vitamin K: 5.44µg (5.18%), Vitamin B3: 0.91mg (4.57%), Vitamin B6: 0.09mg

(4.57%), Manganese: 0.09mg (4.51%), Phosphorus: 39.08mg (3.91%), Folate: 14.55µg (3.64%), Vitamin C: 2.96mg (3.59%), Fiber: 0.83g (3.3%), Potassium: 93.95mg (2.68%), Calcium: 23.22mg (2.32%), Iron: 0.4mg (2.23%), Vitamin B2: 0.04mg (2.19%), Zinc: 0.29mg (1.94%), Magnesium: 7.4mg (1.85%), Vitamin B5: 0.16mg (1.61%), Copper: 0.03mg (1.47%), Vitamin B12: 0.07µg (1.18%)