



Beef and Bulgur-Stuffed Zucchini

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes diced canned ()
- 0.3 cup bulgur cooked uncooked
- 3 tablespoons currants dried
- 1 tablespoon garlic chopped
- 1 teaspoon ground coriander
- 2 teaspoons ground cumin
- 0.5 pound ground beef lean (at least 90 percent)
- 1 tablespoon olive oil

- 1 cup onion chopped
- 0.3 cup parsley leaves chopped
- 3 tablespoons pinenuts dry toasted for 2 minutes
- 0.3 teaspoon pepper flakes red
- 0.5 teaspoon salt
- 0.5 cup tomato sauce low-sodium
- 3 pound zucchini

Equipment

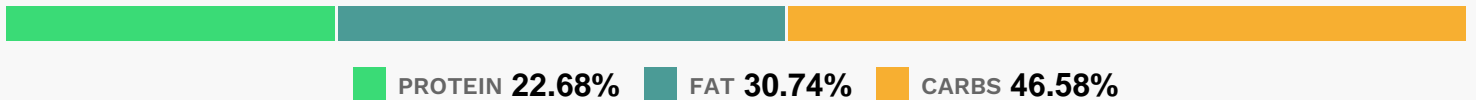
- frying pan
- oven
- aluminum foil
- glass baking pan
- melon baller

Directions

- Watch how to make this recipe.
- Preheat oven to 375 degrees F.
- Cut each zucchini in half crosswise. Using a melon baller, carefully scoop out zucchini flesh, leaving about 1/4 inch flesh intact on all sides and leaving zucchini closed at the bottom of each half. Reserve zucchini flesh for another use, or discard. Reserve zucchini tubes.
- Heat oil in a heavy skillet over medium-high heat.
- Add onions and cook, stirring, until they are soft and translucent, about 3 minutes.
- Add garlic and cook for 2 minutes more.
- Add ground beef, cumin, coriander and red pepper flakes and cook until meat is just done and no longer pink, 4 to 5 minutes.
- Add bulgur, and diced tomatoes and currants and cook an additional 2 to 3 minutes.
- Remove from heat and stir in pine nuts and parsley.
- Let mixture cool slightly, about 5 minutes. Using a small spoon or clean hands, gently stuff zucchini halves with beef-mixture.

- Place zucchini halves in a 9 by 13-inch glass baking dish.
- Combine reserved tomato juice, tomato sauce and salt and pour over zucchini. Cover tightly with foil and place in oven.
- Bake for 20 minutes.
- Remove from oven, uncover and rotate zucchini. Re-cover, return dish to oven and bake an additional 20 to 25 minutes, until zucchini is cooked through but still slightly firm.
- Place 2 zucchini halves on a plate and serve with tomato sauce.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:7.28, Inflammation Score:-8, Nutrition Score:25.421304288118%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 245.05kcal (12.25%), Fat: 9.05g (13.92%), Saturated Fat: 1.7g (10.66%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 23.8g (8.65%), Sugar: 15.49g (17.21%), Cholesterol: 23.44mg (7.81%), Sodium: 434.48mg (18.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.03%), Manganese: 1.43mg (71.35%), Vitamin C: 54.56mg (66.13%), Vitamin K: 59.86µg (57.01%), Vitamin B6: 0.76mg (37.88%), Potassium: 1189.64mg (33.99%), Fiber: 7.04g (28.18%), Phosphorus: 271.13mg (27.11%), Magnesium: 105.66mg (26.41%), Vitamin B3: 5.12mg (25.59%), Zinc: 3.56mg (23.76%), Iron: 4.25mg (23.62%), Copper: 0.45mg (22.43%), Vitamin B2: 0.37mg (21.86%), Folate: 81.24µg (20.31%), Vitamin A: 941.56IU (18.83%), Vitamin B1: 0.25mg (16.65%), Vitamin E: 2.42mg (16.16%), Vitamin B12: 0.85µg (14.11%), Selenium: 8.35µg (11.93%), Vitamin B5: 1.14mg (11.35%), Calcium: 97.77mg (9.78%)