



## Beef Stuffed Zucchini

READY IN



50 min.

SERVINGS



4

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10.8 ounce condensed tomato soup canned
- 0.5 cup bread crumbs dry
- 1 eggs
- 0.5 teaspoon garlic powder
- 1.5 pounds ground beef
- 1 cup cheese blend shredded italian to taste
- 1 tablespoon penzey's southwest seasoning italian
- 10.8 ounce water canned
- 1 small bell pepper yellow chopped

2 large zucchinis halved lengthwise

## Equipment

bowl

baking sheet

oven

aluminum foil

## Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

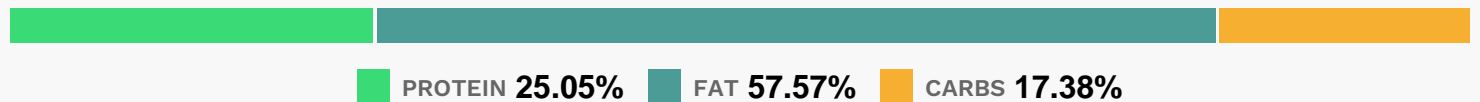
Scoop seeds and flesh from zucchini halves with spoon, leaving hollowed-out shells. Discard about half the flesh. Put remaining flesh in a large bowl.

Mix ground beef, tomato soup, water, bell pepper, bread crumbs, egg, Italian seasoning, and garlic powder with the zucchini flesh; spoon into the zucchini shells. Arrange stuffed zucchini onto the prepared baking sheet.

Bake in preheated oven for 25 minutes.

Sprinkle Italian cheese blend over the zucchinis and continue baking until the cheese is melted and bubbly, about 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:15.38, Glycemic Load:4.47, Inflammation Score:-7, Nutrition Score:30.448695742566%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

## Nutrients (% of daily need)

Calories: 678.27kcal (33.91%), Fat: 43.73g (67.27%), Saturated Fat: 14.93g (93.3%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 25.91g (9.42%), Sugar: 11.25g (12.5%), Cholesterol: 167.29mg (55.76%), Sodium: 586.48mg (25.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.82g (85.64%), Vitamin C: 72.72mg (88.14%), Vitamin

B12: 3.79µg (63.09%), Zinc: 8.19mg (54.57%), Selenium: 35.1µg (50.15%), Vitamin B3: 9.7mg (48.51%), Vitamin B6: 0.96mg (48.18%), Phosphorus: 405.64mg (40.56%), Potassium: 1410.05mg (40.29%), Iron: 5.76mg (31.99%), Vitamin B2: 0.53mg (31.26%), Manganese: 0.62mg (31.14%), Vitamin B1: 0.32mg (21.45%), Magnesium: 82.42mg (20.61%), Vitamin K: 21.14µg (20.13%), Folate: 78.23µg (19.56%), Calcium: 177.81mg (17.78%), Copper: 0.31mg (15.58%), Fiber: 3.79g (15.17%), Vitamin A: 739.32IU (14.79%), Vitamin B5: 1.47mg (14.72%), Vitamin E: 1.51mg (10.05%), Vitamin D: 0.39µg (2.6%)