

Best Zucchini Appetizer



Vegetarian

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READY IN

ready

45 min.

SERVINGS

servings

15

CALORIES

calories

86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baking mix all-purpose
- ☐ 4 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup vegetable oil
- ☐ 3 cups zucchini sliced

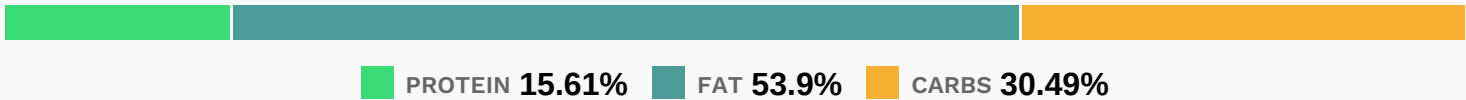
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a large bowl, mix zucchini, all-purpose baking mix, onion, salt, eggs, Cheddar cheese, vegetable oil and garlic.
- ☐ Spread zucchini mixture into the prepared baking dish.
- ☐ Bake in the preheated oven 25 minutes, or until bubbly and lightly browned.
- ☐ Cut into bite-sized pieces to serve.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.89869561921%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 85.88kcal (4.29%), Fat: 5.17g (7.95%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.07g (2.21%), Sugar: 1.84g (2.04%), Cholesterol: 47.57mg (15.86%), Sodium: 223.12mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Phosphorus: 98.56mg (9.86%), Selenium: 5.37µg (7.68%), Vitamin B2: 0.13mg (7.66%), Vitamin C: 4.92mg (5.96%), Folate: 23.28µg (5.82%), Calcium: 53.13mg (5.31%), Vitamin B1: 0.07mg (4.39%), Manganese: 0.09mg (4.26%), Vitamin K: 4.41µg (4.2%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.32mg (3.24%), Vitamin A: 151.15IU (3.02%), Potassium: 105.46mg (3.01%), Iron: 0.54mg (3%), Vitamin B12: 0.18µg (2.93%), Zinc: 0.43mg (2.86%), Vitamin B3: 0.49mg (2.47%), Magnesium: 9.47mg (2.37%), Vitamin E: 0.31mg (2.08%), Fiber: 0.51g (2.04%), Copper: 0.04mg (1.89%), Vitamin D: 0.26µg (1.72%)