

Best Zucchini Appetizer

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baking mix all-purpose
- 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

 **PROTEIN 13.34%** **FAT 47.92%** **CARBS 38.74%**

Properties

Glycemic Index:6.6, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:4.9247825664023%

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: 120.12kcal (6.01%), Fat: 6.4g (9.85%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.96g (3.99%), Sugar: 2.77g (3.08%), Cholesterol: 47.73mg (15.91%), Sodium: 325.2mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Phosphorus: 145.36mg (14.54%), Vitamin B2: 0.17mg (9.71%), Selenium: 5.97µg (8.53%), Folate: 33.28µg (8.32%), Vitamin B1: 0.11mg (7.45%), Calcium: 67.45mg (6.74%), Vitamin C: 4.94mg (5.99%), Manganese: 0.11mg (5.62%), Vitamin K: 4.93µg (4.69%), Vitamin B3: 0.86mg (4.28%), Iron: 0.76mg (4.23%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.4mg (3.95%), Vitamin B12: 0.21µg (3.45%), Potassium: 118.5mg (3.39%), Zinc: 0.48mg (3.18%), Vitamin A: 151.47IU (3.03%), Magnesium: 11.47mg (2.87%), Fiber:

0.68g (2.72%), Copper: 0.05mg (2.51%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.26 μ g (1.72%)