



Breaded Zucchini Sticks

READY IN



45 min.

SERVINGS



24

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tsp garlic powder
- ☐ 3 tbsp vegan parmesan
- ☐ 0.8 cup bread crumbs whole wheat
- ☐ 2 zucchini whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

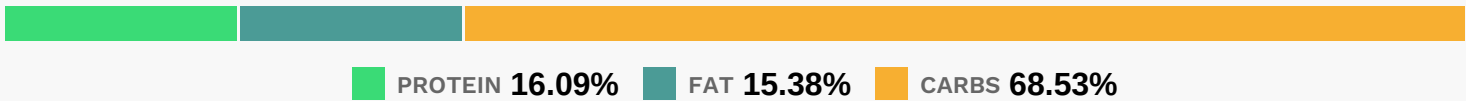
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 400F. Grease a cookie sheet or line with parchment paper and set aside.
- ☐ Cut zucchini into sticks 1/2-inch thick and set aside. Grind bread crumbs using a mortar and pestle to a fine consistency.
- ☐ Mix crumbs with vegan Parmesan, garlic powder and a few dashes of salt and pepper.
- ☐ Place crumb mixture into a shallow bowl.
- ☐ Pour non-dairy milk into another bowl. Dip sticks into non-dairy milk and then press all sides into the crumbs mixture.
- ☐ Transfer to a cookie sheet, spray with cooking spray (optional) and bake 15-20 minutes, until the breading is golden brown and zucchini is tender.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 30g
- ☐ Carbohydrate
- ☐ 60gDietary Fiber0.70gSugars0.50gProtein1.20g

Nutrition Facts



Properties

Glycemic Index:1.96, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.92956522252897%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 15.73kcal (0.79%), Fat: 0.33g (0.5%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.53g (0.59%), Cholesterol: 0.43mg (0.14%), Sodium: 29.36mg (1.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin C: 3.6mg (4.36%), Fiber: 0.51g (2.03%),
Iron: 0.31mg (1.7%), Manganese: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.41%), Potassium: 43.98mg (1.26%),
Phosphorus: 10.81mg (1.08%), Vitamin B2: 0.02mg (1.03%), Calcium: 10.06mg (1.01%)