



Broiled Zucchini and Potatoes with Parmesan Crust



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 pinch kosher salt and pepper black freshly ground
- ☐ 4 small new potatoes white red or ,
- ☐ 0.3 cup parmesan grated

☐ 2 small zucchini cut in 1/2 lengthwise 1-inch wide by 5 inches long

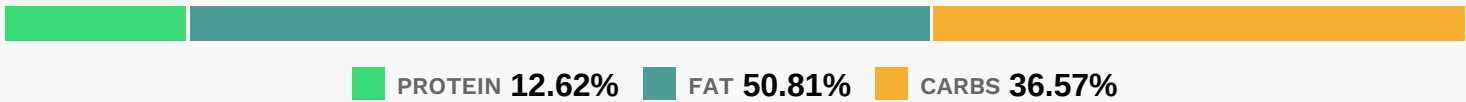
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Bring a medium pot of water to a boil over high heat.
- ☐ Add the potatoes and cook until just tender, about 8 to 10 minutes.
- ☐ Drain the potatoes and let cool. When cool, cut the potatoes in half.
- ☐ Place a medium saute pan over medium heat.
- ☐ Add the butter, garlic, thyme and rosemary and let cook until the butter melts, about 2 minutes. Meanwhile, season the cut sides of the zucchini and potatoes with salt and pepper. Carefully place the zucchini and potatoes cut side down in the melted butter.
- ☐ Let them cook until golden brown, about 12 to 15 minutes.
- ☐ Preheat the broiler. Line a baking sheet with foil.
- ☐ Place the browed zucchini and potatoes on the baking sheet cut side up.
- ☐ Sprinkle the tops with the Parmesan.
- ☐ Place in the broiler until the cheese is golden brown, about 4 minutes.
- ☐ Transfer to a plate and serve.

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:7.5, Inflammation Score:-7, Nutrition Score:6.6565217848705%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 129.56kcal (6.48%), Fat: 7.55g (11.61%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 10.3g (3.74%), Sugar: 1.97g (2.19%), Cholesterol: 19.3mg (6.43%), Sodium: 153.4mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin C: 22.63mg (27.43%), Vitamin B6: 0.28mg (13.92%), Potassium: 403.73mg (11.54%), Manganese: 0.22mg (10.8%), Phosphorus: 101.13mg (10.11%), Calcium: 95.41mg (9.54%), Fiber: 1.92g (7.67%), Vitamin A: 367.55IU (7.35%), Magnesium: 27.44mg (6.86%), Folate: 24.05µg (6.01%), Vitamin B2: 0.1mg (5.87%), Vitamin B1: 0.08mg (5.06%), Copper: 0.1mg (4.96%), Iron: 0.81mg (4.51%), Vitamin B3: 0.89mg (4.46%), Vitamin K: 4.25µg (4.05%), Zinc: 0.55mg (3.65%), Vitamin B5: 0.33mg (3.29%), Selenium: 1.87µg (2.67%), Vitamin E: 0.25mg (1.69%), Vitamin B12: 0.09µg (1.45%)