



WHATSheATE



Buffalo Chicken Stuffed Zucchini topped with Melted Cheddar, Bacon and an Avocado Blue Cheese Dressing



Gluten Free



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 avocado mashed



4 strips bacon cut into 1 inch pieces



0.3 cup cheese blue



0.3 cup avocado cheese dressing blue (see below)



1 cup cheese dressing blue



0.5 cup carrots diced finely

- ☐ 0.5 cup celery diced finely
- ☐ 0.5 cup cheddar cheese
- ☐ 0.5 cup regular corn
- ☐ 0.5 cup buffalo hot sauce
- ☐ 0.5 pound meat from a rotisserie chicken shredded cooked
- ☐ 4 medium zucchinis cut in half lengthwise

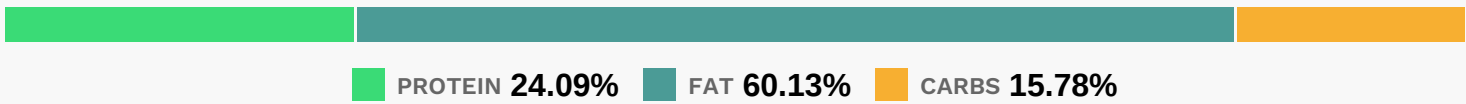
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.Meanwhile, hollow out the zucchini leaving them 1/4 inch thick, reserving and chopping the insides.Cook the bacon in a pan until crispy, set aside on paper towels to drain and reserve 1 tablespoon of grease in the pan.
- ☐ Add the carrots and celery and cook until tender, about 5–7 minutes.
- ☐ Add the reserved zucchini and cook until tender, about 3–5 minutes.
- ☐ Mix in the chicken, corn and hot sauce and remove from heat.
- ☐ Place the zucchini halves in the boiling water and boil for a minute, remove from water and place in large baking dishes.Stuff the zucchini halves with the buffalo chicken mixture sprinkle on the cheese and bake in a preheated 350F oven until the zucchini is nice and tender and the cheese has melted, about 30–40 minutes.

Nutrition Facts



Properties

Glycemic Index:60.83, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:28.363913230274%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 493.47kcal (24.67%), Fat: 33.7g (51.85%), Saturated Fat: 11.52g (71.97%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 13.37g (4.86%), Sugar: 9.66g (10.73%), Cholesterol: 78.26mg (26.09%), Sodium: 1929.93mg (83.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.76%), Vitamin C: 65.17mg (79%), Vitamin A: 3533.83IU (70.68%), Vitamin B6: 0.88mg (44.2%), Phosphorus: 428.8mg (42.88%), Vitamin B3: 7.84mg (39.21%), Selenium: 25.51µg (36.45%), Vitamin B2: 0.57mg (33.76%), Potassium: 1134.17mg (32.4%), Vitamin K: 30.26µg (28.82%), Folate: 112.69µg (28.17%), Calcium: 271.16mg (27.12%), Fiber: 6.53g (26.11%), Manganese: 0.52mg (25.76%), Vitamin B5: 2.24mg (22.35%), Zinc: 3.21mg (21.41%), Magnesium: 85.33mg (21.33%), Vitamin B1: 0.28mg (18.77%), Copper: 0.29mg (14.3%), Iron: 2.51mg (13.96%), Vitamin E: 1.88mg (12.54%), Vitamin B12: 0.7µg (11.72%), Vitamin D: 0.21µg (1.43%)