



Cheddar Zucchini Wedges

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



548 kcal

SIDE DISH

Ingredients

- 1 medium onion chopped
- 0.3 cup butter cubed
- 2.5 cups baking mix
- 2.5 cups baking mix
- 1 tablespoon parsley fresh minced
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 3 large eggs lightly beaten

- 0.3 cup milk 2%
- 1.5 cups zucchini shredded
- 1 cup cheddar cheese shredded
- 0.8 cup almonds toasted chopped

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- In a large skillet, saute onion in butter until tender. In a large bowl, combine the biscuit mix, parsley, basil, thyme and onion mixture. Stir in eggs and milk just until combined. Fold in the zucchini, cheese and almonds.
- Transfer to a greased 9-in. round baking pan.
- Bake at 400° for 25–30 minutes or until a toothpick inserted in the center comes out clean. Cool for 1 minute before cutting into wedges.
- Remove to wire rack to cool.

Nutrition Facts



PROTEIN 11.07% **FAT 50.28%** **CARBS 38.65%**

Properties

Glycemic Index:20.13, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:19.713912984599%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg,

Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg
Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg,
Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin:
1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin:
1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.15mg, Kaempferol:
0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg,
Myricetin: 0.08mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 547.57kcal (27.38%), Fat: 30.82g (47.42%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 53.32g
(17.77%), Net Carbohydrates: 49.54g (18.01%), Sugar: 10.98g (12.21%), Cholesterol: 101.22mg (33.74%), Sodium:
1127.99mg (49.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Phosphorus: 626.95mg
(62.69%), Vitamin B2: 0.67mg (39.51%), Vitamin B1: 0.49mg (32.74%), Manganese: 0.64mg (31.99%), Folate:
121.33µg (30.33%), Calcium: 301.38mg (30.14%), Vitamin E: 4.04mg (26.97%), Selenium: 16.3µg (23.29%), Vitamin
B3: 4.06mg (20.28%), Iron: 3.21mg (17.82%), Magnesium: 68.36mg (17.09%), Vitamin K: 17.18µg (16.36%), Fiber: 3.78g
(15.12%), Copper: 0.29mg (14.62%), Zinc: 1.78mg (11.88%), Vitamin B5: 1.17mg (11.73%), Vitamin B12: 0.66µg (11%),
Vitamin A: 522.45IU (10.45%), Potassium: 354.98mg (10.14%), Vitamin B6: 0.18mg (8.8%), Vitamin C: 6.12mg (7.41%),
Vitamin D: 0.46µg (3.06%)