



Cheesy Zucchini Bake

READY IN



55 min.

SERVINGS



8

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon basil dried
- 0.1 teaspoon thyme dried
- 0.3 cup breadcrumbs dry
- 1 Dash garlic powder
- 0.5 cup parmesan cheese grated
- 0.5 cup cheddar cheese shredded
- 4 ounces mozzarella cheese shredded
- 2 medium tomatoes peeled cut into wedges
- 2 small to 3 sized squashes yellow sliced

2 small zucchini sliced

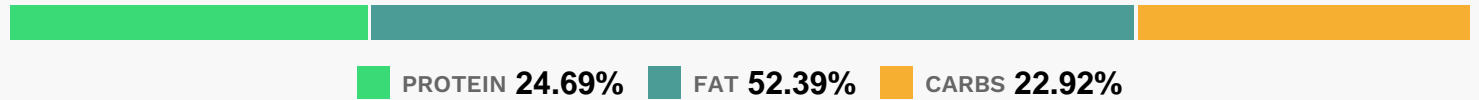
Equipment

oven

Directions

- Combine tomatoes, squash, seasonings and cheddar cheese.
- Place in a 1-1/2-qt. casserole. Top with the Parmesan cheese and bread crumbs.
- Bake at 350° for about 45 minutes or until vegetables are tender.
- Sprinkle with mozzarella cheese and let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:7.6782609120659%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 130.93kcal (6.55%), Fat: 7.77g (11.95%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.43g (2.34%), Sugar: 2.65g (2.94%), Cholesterol: 23.7mg (7.9%), Sodium: 281.93mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Calcium: 198.92mg (19.89%), Vitamin C: 14.52mg (17.6%), Phosphorus: 159.63mg (15.96%), Vitamin A: 595.86IU (11.92%), Selenium: 7.85µg (11.22%), Vitamin B2: 0.19mg (11.01%), Manganese: 0.2mg (9.9%), Zinc: 1.25mg (8.31%), Vitamin B12: 0.5µg (8.3%), Vitamin B6: 0.16mg (7.94%), Potassium: 265.61mg (7.59%), Folate: 28.16µg (7.04%), Vitamin K: 6.82µg (6.5%), Vitamin B1: 0.09mg (6.03%), Magnesium: 23.06mg (5.77%), Fiber: 1.22g (4.89%), Vitamin B3: 0.79mg (3.93%), Iron: 0.69mg (3.84%), Copper: 0.07mg (3.41%), Vitamin E: 0.36mg (2.4%), Vitamin B5: 0.23mg (2.28%)