



Cheesy Zucchini Bites

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- 3 cups zucchini unpeeled thinly sliced (4 small)
- 0.5 cup onion finely chopped
- 0.5 cup parmesan cheese grated
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon marjoram dried
- 0.1 teaspoon pepper

- 1 garlic clove finely chopped
- 0.5 cup vegetable oil
- 4 eggs slightly beaten
- 1 cup frangelico

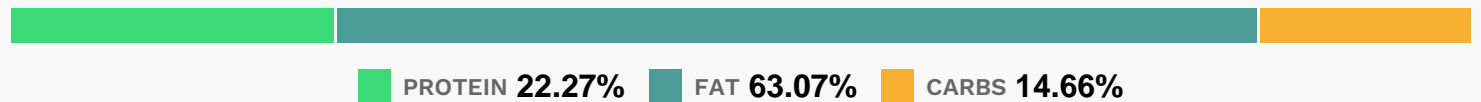
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°F. Grease bottom and sides of rectangular pan, 13x9x2 inches.
- Stir together all ingredients.
- Spread in pan.
- Bake about 25 minutes or until golden brown.
- Cut into 2-inch squares; cut squares diagonally in half into triangles.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:12.696521810863%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 189.56kcal (9.48%), Fat: 13.47g (20.73%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.68g (2.06%), Sugar: 3.37g (3.74%), Cholesterol: 174.55mg (58.19%), Sodium: 872.11mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.41%), Vitamin K: 47.44µg (45.18%), Selenium:

18.28µg (26.12%), Vitamin C: 21.03mg (25.49%), Phosphorus: 209.95mg (21%), Vitamin B2: 0.34mg (20%), Calcium: 159.62mg (15.96%), Vitamin A: 702.02IU (14.04%), Vitamin B6: 0.27mg (13.6%), Folate: 50.66µg (12.66%), Manganese: 0.24mg (11.96%), Potassium: 370.88mg (10.6%), Zinc: 1.47mg (9.82%), Vitamin B5: 0.94mg (9.43%), Vitamin B12: 0.56µg (9.34%), Iron: 1.37mg (7.62%), Magnesium: 29.75mg (7.44%), Vitamin E: 1.1mg (7.36%), Vitamin D: 0.94µg (6.28%), Fiber: 1.37g (5.49%), Vitamin B1: 0.08mg (5.02%), Copper: 0.1mg (5.02%), Vitamin B3: 0.52mg (2.59%)