

## Cheesy Zucchini Bites

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**35**

CALORIES



**21 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounces cheese blue crumbled
- 1 pint cherry tomatoes thinly sliced
- 1 teaspoon basil dried
- 3 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper
- 5 medium zucchini ( 6 inches long)

### Equipment

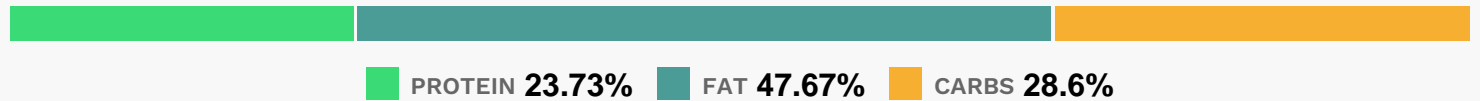
- baking sheet

- oven
- melon baller

## Directions

- Cut zucchini into 3/4-in. slices. Using a melon baller or small spoon, scoop out the insides and discard, leaving the bottom intact.
- Place zucchini on an ungreased baking sheet; spoon 1/2 teaspoon crumbled blue cheese into each.
- Combine Parmesan cheese, basil and pepper; sprinkle half over blue cheese. Top each with a tomato slice; sprinkle with remaining Parmesan mixture.
- Bake at 400° for 5–7 minutes or until cheese is melted.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:2.11, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.1456521875832%

## Flavonoids

Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 20.52kcal (1.03%), Fat: 1.16g (1.78%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.17g (0.43%), Sugar: 1.05g (1.17%), Cholesterol: 2.8mg (0.93%), Sodium: 48.51mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin C: 8.09mg (9.81%), Manganese: 0.07mg (3.41%), Potassium: 112.48mg (3.21%), Vitamin B6: 0.06mg (3.12%), Vitamin A: 150.79IU (3.02%), Phosphorus: 29.77mg (2.98%), Calcium: 27.53mg (2.75%), Vitamin B2: 0.04mg (2.56%), Folate: 9.76µg (2.44%), Vitamin K: 2.17µg (2.07%), Magnesium: 7.37mg (1.84%), Fiber: 0.39g (1.55%), Zinc: 0.22mg (1.44%), Copper: 0.03mg (1.36%), Vitamin B5: 0.13mg (1.32%), Iron: 0.23mg (1.3%), Vitamin B1: 0.02mg (1.24%), Vitamin B3: 0.23mg (1.17%), Selenium: 0.74µg (1.06%)