

## Cheesy Zucchini Rounds

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**2**

CALORIES



**81 kcal**

**SIDE DISH**

### Ingredients

- 1 bacon crumbled cooked
- 0.1 teaspoon basil dried
- 0.3 cup cheddar cheese shredded reduced-fat
- 0.1 teaspoon onion powder
- 2 teaspoons parmesan cheese grated
- 1 medium zucchini sliced

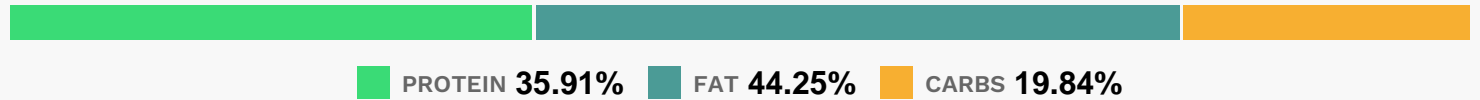
### Equipment

- microwave

## Directions

- Place zucchini on a microwave-safe plate; sprinkle with basil and onion powder. Microwave, uncovered, on high for 45 seconds or until hot.
- Sprinkle with the cheddar cheese, bacon and Parmesan cheese; microwave on high for 20-45 seconds or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:6.4908695635588%

## Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 81.14kcal (4.06%), Fat: 4.09g (6.29%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.1g (1.13%), Sugar: 2.54g (2.82%), Cholesterol: 11.21mg (3.74%), Sodium: 247.88mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin C: 17.57mg (21.3%), Phosphorus: 152.95mg (15.29%), Calcium: 120.19mg (12.02%), Vitamin B6: 0.19mg (9.66%), Manganese: 0.19mg (9.36%), Vitamin B2: 0.15mg (8.85%), Selenium: 6.02µg (8.6%), Potassium: 297.01mg (8.49%), Folate: 25.64µg (6.41%), Zinc: 0.92mg (6.11%), Magnesium: 23.45mg (5.86%), Vitamin A: 269.82IU (5.4%), Vitamin K: 5.46µg (5.2%), Vitamin B1: 0.07mg (4.68%), Vitamin B3: 0.88mg (4.38%), Fiber: 1.02g (4.09%), Copper: 0.06mg (3.16%), Iron: 0.54mg (3.02%), Vitamin B12: 0.18µg (2.99%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.17mg (1.17%)