



Courgettes with crisp cheese crumbs

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 6 zucchini trimmed cut into chunky batons
- ☐ 1 pinch pepper dried
- ☐ 1 tbsp thyme sprigs fresh
- ☐ 2 tbsp olive oil
- ☐ 2 garlic clove crushed
- ☐ 85 g breadcrumbs dried stale
- ☐ 3 tbsp pecorino cheese parmesan-style grated (or vegetarian cheese)
- ☐ 4 tbsp pasta sauce

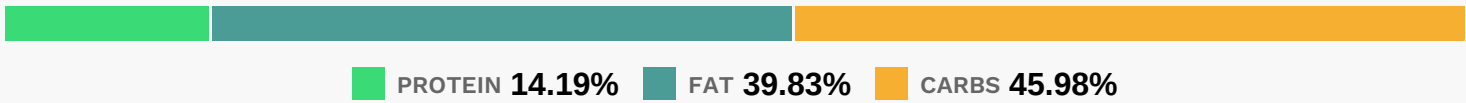
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place courgettes in a baking dish or roasting tin and toss with the chilli, thyme, 1 tbsp oil and seasoning.
- ☐ Bake for 20 mins.
- ☐ Meanwhile, put the remaining oil in a bowl. Stir in the garlic, breadcrumbs, Parmesan and a little seasoning. 3 Stir the tomato sauce through the soft courgettes, then sprinkle with the crumbs and bake for a further 10–15 mins until crisp.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:17.996087017267%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 218.17kcal (10.91%), Fat: 10.12g (15.57%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 21.89g (7.96%), Sugar: 9.25g (10.28%), Cholesterol: 2.55mg (0.85%), Sodium: 311.21mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.22%), Vitamin C: 56.95mg (69.03%), Manganese: 0.79mg (39.4%), Vitamin B6: 0.55mg (27.41%), Potassium: 874.22mg (24.98%), Folate: 95.75µg (23.94%), Vitamin B2: 0.39mg (23.2%), Vitamin B1: 0.35mg (23.12%), Phosphorus: 181.08mg (18.11%), Vitamin K: 18.79µg (17.9%), Fiber: 4.41g (17.63%), Magnesium: 69.17mg (17.29%), Vitamin A: 772.93IU (15.46%), Iron: 2.66mg (14.8%), Vitamin B3: 2.94mg (14.7%), Calcium: 142.38mg (14.24%), Copper: 0.24mg (12.15%), Vitamin E: 1.61mg (10.75%), Selenium: 7.09µg (10.14%), Zinc: 1.44mg (9.57%), Vitamin B5: 0.8mg (7.97%), Vitamin B12: 0.12µg (1.99%)