



## Creamy Meat-Stuffed Zucchini

READY IN



80 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 3 tablespoons flour all-purpose
- 3 cloves garlic minced
- 0.8 pound ground beef
- 0.3 teaspoon ground nutmeg to taste
- 0.5 teaspoon ground paprika
- 0.8 cup milk
- 0.5 onion chopped
- 0.8 cup parmesan cheese divided grated

- 4 servings salt to taste
- 1 teaspoon vegetable oil
- 0.3 teaspoon pepper white
- 2 large zucchinis thick ends trimmed

## Equipment

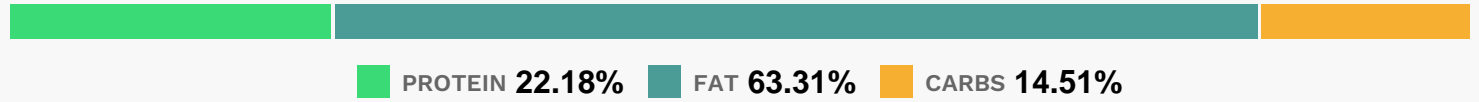
- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan
- wooden spoon

## Directions

- Bring a large pot of water to a boil, and immerse the zucchini in the boiling water. Set heat to medium, and cook the zucchini until they feel slightly soft when pressed with a wooden spoon, about 20 minutes.
- Drain the zucchini, and set aside to cool.
- Heat the vegetable oil in a skillet over medium heat, and cook and stir the onion and garlic until the onion is translucent, about 5 minutes. Stir in the ground beef, and cook and stir the meat, breaking it up as it cooks, until the beef is no longer pink, about 8 minutes. Stir in the paprika, and set the beef mixture aside.
- Cut the zucchinis in half lengthwise, and scoop out the flesh with a spoon, leaving a 1/2-inch thick shell. Chop the scooped-out zucchini flesh, and mix into the ground beef mixture.
- Preheat oven to 350 degrees F (175 degrees C).
- In a saucepan over low heat, melt the butter and whisk in the flour until smooth.
- Pour in the milk, a little at a time, and bring the mixture to a simmer, whisking constantly.
- Whisk in white pepper, nutmeg, and salt, and stir in half the Parmesan cheese to create a smooth sauce.

- Mix the white sauce thoroughly with the ground beef mixture.
- Place the zucchini halves into a baking dish. Fill the zucchini shells with the creamy beef mixture, and sprinkle each with about 1 1/2 tablespoons of the remaining Parmesan cheese.
- Bake in the preheated oven until the Parmesan cheese topping begins to turn golden brown, about 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index:80, Glycemic Load:4.96, Inflammation Score:-7, Nutrition Score:19.976086844569%

### Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

### Nutrients (% of daily need)

Calories: 441.06kcal (22.05%), Fat: 31.2g (48%), Saturated Fat: 14.24g (89.02%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 13.9g (5.05%), Sugar: 6.94g (7.71%), Cholesterol: 97.24mg (32.41%), Sodium: 655.45mg (28.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Vitamin B12: 2.33µg (38.87%), Phosphorus: 377.29mg (37.73%), Vitamin C: 30.66mg (37.16%), Zinc: 5.18mg (34.55%), Selenium: 22.9µg (32.71%), Vitamin B6: 0.63mg (31.69%), Calcium: 274.18mg (27.42%), Vitamin B2: 0.45mg (26.19%), Vitamin B3: 4.78mg (23.9%), Potassium: 797.34mg (22.78%), Manganese: 0.42mg (20.97%), Vitamin A: 857.97IU (17.16%), Iron: 2.74mg (15.21%), Magnesium: 59.69mg (14.92%), Folate: 59.25µg (14.81%), Vitamin B1: 0.2mg (13.1%), Vitamin K: 11.8µg (11.24%), Vitamin B5: 1.06mg (10.57%), Fiber: 2.19g (8.78%), Copper: 0.17mg (8.5%), Vitamin E: 1mg (6.64%), Vitamin D: 0.68µg (4.55%)