



Crunchy Zucchini Rounds With Sun-Dried Tomatoes and Goat Cheese

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons chives fresh chopped
- 3 ounces goat cheese
- 2 tablespoons olive oil extra-virgin
- 0.3 teaspoon salt
- 2 ounces sun-dried tomatoes packed in oil (24)
- 2 zucchini

Equipment

Directions

- Slice zucchini into 1/4-inch-thick rounds. (You should have about 24 slices.)
- Lay out on large platter; season with salt and pepper.
- Place a sun-dried tomato on each slice, then top each tomato with a pinch of goat cheese.
- Sprinkle tops with chopped chives, and drizzle with extra-virgin olive oil; serve.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:5.6256521888401%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 86kcal (4.3%), Fat: 6.12g (9.41%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.15g (1.51%), Sugar: 4g (4.44%), Cholesterol: 4.89mg (1.63%), Sodium: 123.4mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin C: 11.98mg (14.53%), Manganese: 0.24mg (11.96%), Potassium: 376.85mg (10.77%), Copper: 0.21mg (10.32%), Vitamin K: 9.15µg (8.72%), Vitamin B2: 0.12mg (7.18%), Phosphorus: 71.6mg (7.16%), Vitamin B6: 0.13mg (6.56%), Magnesium: 24.69mg (6.17%), Vitamin A: 302.75IU (6.06%), Iron: 1.07mg (5.92%), Fiber: 1.4g (5.59%), Folate: 18.65µg (4.66%), Vitamin B3: 0.91mg (4.57%), Vitamin B1: 0.07mg (4.5%), Vitamin E: 0.58mg (3.9%), Vitamin B5: 0.32mg (3.23%), Calcium: 31.57mg (3.16%), Zinc: 0.4mg (2.67%), Selenium: 0.8µg (1.14%)