



Easy, Cheesy Zucchini Bake

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pd of ground turkey
- 1 cup mexican cheese blend shredded
- 3 cups spaghetti sauce
- 8.8 ounce kernel corn whole drained canned
- 2 large zucchini halved lengthwise

Equipment

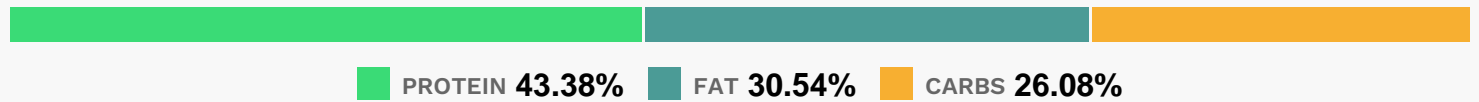
- frying pan
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Brown turkey in a large skillet over medium heat.
- Drain fat.
- Place halved zucchini slices in a baking dish.
- Pour the ground turkey, spaghetti sauce, and corn on top. Cover with aluminum foil.
- Bake in preheated oven until zucchini are tender, about 20 to 25 minutes. Uncover, and sprinkle with cheese.
- Bake, uncovered, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.66, Inflammation Score:-8, Nutrition Score:28.261739316194%

Flavonoids

Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 344.69kcal (17.23%), Fat: 12.15g (18.69%), Saturated Fat: 5.66g (35.37%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 18.97g (6.9%), Sugar: 10.92g (12.14%), Cholesterol: 88.97mg (29.66%), Sodium: 1212.77mg (52.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.82g (77.64%), Vitamin B6: 1.43mg (71.61%), Vitamin B3: 14.07mg (70.37%), Vitamin C: 42.83mg (51.91%), Phosphorus: 516.46mg (51.65%), Selenium: 30.69µg (43.84%), Potassium: 1397.51mg (39.93%), Vitamin B2: 0.49mg (28.74%), Vitamin A: 1331.51IU (26.63%), Manganese: 0.53mg (26.51%), Zinc: 3.93mg (26.22%), Magnesium: 103.34mg (25.83%), Calcium: 240.73mg (24.07%), Folate: 85.99µg (21.5%), Vitamin E: 2.99mg (19.93%), Vitamin B5: 1.96mg (19.65%), Iron: 3.54mg (19.65%), Copper: 0.39mg (19.45%), Fiber: 4.37g (17.49%), Vitamin B12: 0.92µg (15.38%), Vitamin B1: 0.2mg (13.52%), Vitamin K: 12.79µg (12.18%), Vitamin D: 0.59µg (3.96%)