



## Easy Garden Bake

READY IN



55 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

## Ingredients

- 1 cup zucchini chopped
- 1 cup tomatoes seeded chopped
- 0.5 cup onion chopped
- 0.3 cup parmesan cheese grated
- 0.5 cup baking mix bisquick heart smart®
- 1 cup skim milk fat-free (skim)
- 0.5 cup eggs fat-free
- 0.5 teaspoon salt
- 0.1 teaspoon pepper

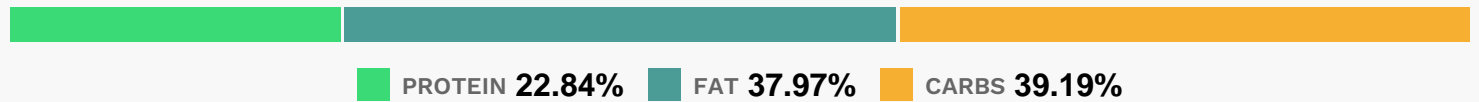
## Equipment

- bowl
- oven
- knife
- baking pan

## Directions

- Heat oven to 400°F. Lightly spray 8-inch square baking dish or 9-inch pie plate with cooking spray.
- Sprinkle zucchini, tomato, onion and cheese in baking dish.
- In medium bowl, stir remaining ingredients until blended.
- Pour over vegetables and cheese.
- Bake uncovered about 35 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:36.31, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:11.240434688071%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 183.68kcal (9.18%), Fat: 7.78g (11.96%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 16.64g (6.05%), Sugar: 7.56g (8.4%), Cholesterol: 122.38mg (40.79%), Sodium: 701.32mg (30.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.52g (21.05%), Phosphorus: 292.88mg (29.29%), Calcium: 212.12mg (21.21%), Selenium: 14.76µg (21.08%), Vitamin B2: 0.36mg (20.89%), Vitamin C: 12.18mg (14.76%), Vitamin A: 734.69IU (14.69%), Vitamin B12: 0.8µg (13.28%), Folate: 51.59µg (12.9%), Vitamin B1: 0.17mg (11.46%), Potassium:

383.27mg (10.95%), Vitamin B6: 0.21mg (10.49%), Manganese: 0.2mg (10.01%), Vitamin B5: 0.97mg (9.66%),  
Vitamin D: 1.32µg (8.82%), Zinc: 1.32mg (8.78%), Magnesium: 29.45mg (7.36%), Iron: 1.25mg (6.95%), Vitamin B3:  
1.17mg (5.84%), Fiber: 1.43g (5.71%), Vitamin K: 5.67µg (5.4%), Copper: 0.1mg (4.84%), Vitamin E: 0.62mg (4.16%)