



Easy Garden Bake (Cooking for 2)

READY IN



50 min.

SERVINGS



2

CALORIES



178 kcal

SIDE DISH

Ingredients

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

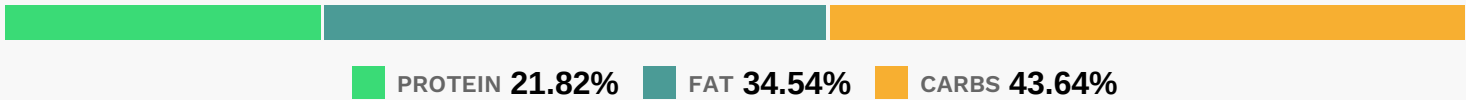
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Heat oven to 400F. Spray 8x4-inch loaf pan with cooking spray.
- ☐ Sprinkle zucchini, tomato, onion and cheese in pan.
- ☐ In small bowl, stir remaining ingredients until blended.
- ☐ Pour over vegetables and cheese.
- ☐ Bake uncovered about 33 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

Nutrition Facts



Properties

Glycemic Index:72.63, Glycemic Load:2.31, Inflammation Score:-6, Nutrition Score:11.244782613671%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 177.61kcal (8.88%), Fat: 6.86g (10.56%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 17.75g (6.45%), Sugar: 8.41g (9.34%), Cholesterol: 119.48mg (39.83%), Sodium: 643.78mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Phosphorus: 277.53mg (27.75%), Vitamin B2:

0.35mg (20.53%), Selenium: 13.69µg (19.56%), Calcium: 187.2mg (18.72%), Vitamin C: 13.66mg (16.55%), Vitamin A: 706.19IU (14.12%), Folate: 55.19µg (13.8%), Vitamin B12: 0.75µg (12.53%), Vitamin B1: 0.18mg (12.02%), Potassium: 406.17mg (11.6%), Vitamin B6: 0.23mg (11.55%), Manganese: 0.22mg (11.08%), Vitamin B5: 0.98mg (9.79%), Vitamin D: 1.31µg (8.71%), Zinc: 1.21mg (8.04%), Magnesium: 30.27mg (7.57%), Iron: 1.28mg (7.09%), Fiber: 1.76g (7.06%), Vitamin B3: 1.19mg (5.94%), Vitamin K: 5.67µg (5.4%), Copper: 0.1mg (5.15%), Vitamin E: 0.61mg (4.07%)