



Easy Garden Bake for Two

READY IN



55 min.

SERVINGS



2

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

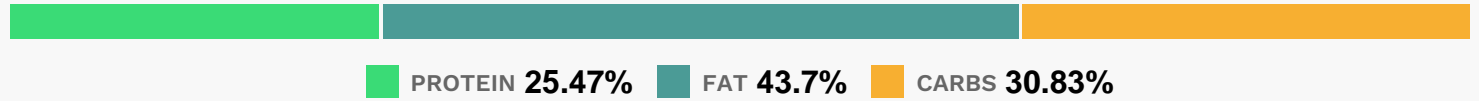
Equipment

- bowl
- oven
- knife
- whisk

Directions

- Heat oven to 400°F. Lightly spray 9x5-inch (1 1/2-quart) glass loaf dish with cooking spray.
- Sprinkle zucchini, tomato, onion and cheese in dish.
- In medium bowl, stir remaining ingredients with fork or whisk until blended.
- Pour over vegetables and cheese.
- Bake 30 to 35 minutes or until knife inserted in center comes out clean.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:72.63, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:16.665217378865%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 268.87kcal (13.44%), Fat: 13.07g (20.11%), Saturated Fat: 5.17g (32.28%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 18.88g (6.87%), Sugar: 8.66g (9.62%), Cholesterol: 242.63mg (80.88%), Sodium: 892.14mg (38.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.29%), Phosphorus: 414.78mg (41.48%), Selenium: 27µg (38.57%), Vitamin B2: 0.53mg (31.16%), Calcium: 306.46mg (30.65%), Vitamin A: 1281.03IU (25.62%), Vitamin C: 17.28mg (20.95%), Vitamin B12: 1.18µg (19.66%), Folate: 71.95µg (17.99%), Potassium:

528.64mg (15.1%), Vitamin B5: 1.49mg (14.92%), Vitamin B6: 0.3mg (14.9%), Zinc: 2.13mg (14.21%), Vitamin B1: 0.2mg (13.34%), Vitamin D: 1.97µg (13.15%), Manganese: 0.26mg (12.84%), Iron: 1.92mg (10.66%), Magnesium: 40.09mg (10.02%), Vitamin K: 8.82µg (8.4%), Vitamin E: 1.19mg (7.91%), Fiber: 1.87g (7.49%), Copper: 0.14mg (7.19%), Vitamin B3: 1.42mg (7.09%)