



## Easy Stuffed Zucchini

READY IN



70 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 ounce olives black drained sliced canned
- 0.5 cup bread crumbs
- 2 cloves garlic minced
- 0.5 pound ground beef
- 0.5 cup parmesan cheese grated
- 1 cup mozzarella cheese shredded
- 16 ounce spaghetti sauce
- 1 large zucchini ends trimmed

## Equipment

- frying pan
- oven
- mixing bowl
- baking pan
- aluminum foil
- broiler

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook and stir the ground beef in a skillet over medium heat until the meat is browned, breaking the beef up into crumbles as it cooks, about 10 minutes.
- Drain off excess fat, and transfer the beef into a mixing bowl. Slice the zucchini in half the long way, and use a spoon to scoop out the flesh, leaving a 1/2-inch thick shell all around the zucchini. Chop the scooped-out zucchini flesh, and add to mixing bowl. Stir in the bread crumbs, garlic, spaghetti sauce, black olives, and Parmesan cheese; mix the stuffing well. Lightly stuff both halves of the zucchini with the meat mixture.
- Place the zucchini halves into a baking dish, and cover tightly with foil.
- Bake in the preheated oven for 45 minutes, remove from oven, and remove the foil.
- Sprinkle 1/2 cup of shredded mozzarella cheese over each zucchini half. Move an oven rack to within 6 inches of the oven broiler's heat source, turn on the broiler, and broil the zucchini until the mozzarella cheese is browned and bubbling, about 5 minutes.

## Nutrition Facts

 **PROTEIN 21.72%**  **FAT 58.14%**  **CARBS 20.14%**

## Properties

Glycemic Index:29.25, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:20.776521641275%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## **Nutrients (% of daily need)**

Calories: 438.8kcal (21.94%), Fat: 28.93g (44.5%), Saturated Fat: 11.1g (69.45%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 17.99g (6.54%), Sugar: 7.43g (8.26%), Cholesterol: 73.25mg (24.42%), Sodium: 1738.72mg (75.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.32g (48.63%), Phosphorus: 355.53mg (35.55%), Vitamin B12: 2.07µg (34.46%), Calcium: 340.43mg (34.04%), Selenium: 22.48µg (32.11%), Zinc: 4.47mg (29.78%), Vitamin C: 22.86mg (27.71%), Vitamin E: 3.71mg (24.74%), Vitamin B6: 0.49mg (24.72%), Vitamin B3: 4.93mg (24.65%), Vitamin B2: 0.41mg (24.41%), Potassium: 795.25mg (22.72%), Vitamin A: 1117.17IU (22.34%), Manganese: 0.44mg (21.91%), Iron: 3.55mg (19.74%), Fiber: 4.55g (18.2%), Vitamin B1: 0.24mg (16.15%), Magnesium: 62.02mg (15.5%), Copper: 0.31mg (15.29%), Folate: 52.03µg (13.01%), Vitamin B5: 0.97mg (9.73%), Vitamin K: 10.04µg (9.56%), Vitamin D: 0.23µg (1.54%)