



 **21%**
HEALTH SCORE

Easy Zucchini Bake with Cheese

 **Gluten Free**

READY IN



50 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pd of ground turkey
- 1 cup cheddar cheese shredded
- 3 cups tomato basil sauce classico®
- 8.8 ounce corn whole drained canned
- 2 large zucchini halved lengthwise

Equipment

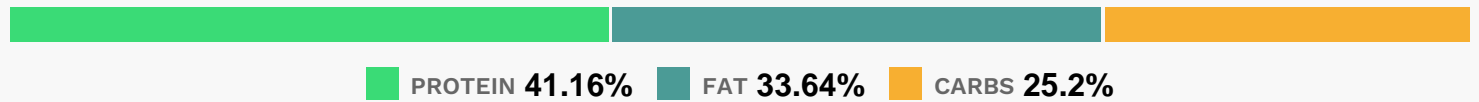
- frying pan
- oven

- 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, pasta 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:3.75, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:22.863478183746%

Flavonoids

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

Nutrients (% of daily need)

Calories: 368.09kcal (18.4%), Fat: 13.84g (21.3%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 18.72g (6.81%), Sugar: 11.13g (12.37%), Cholesterol: 88.97mg (29.66%), Sodium: 694.3mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.11g (76.23%), Vitamin B6: 1.25mg (62.61%), Vitamin B3: 12.25mg (61.26%), Phosphorus: 466.85mg (46.68%), Selenium: 29.58µg (42.26%), Vitamin C: 34.46mg (41.77%), Potassium: 1151.78mg (32.91%), Calcium: 245mg (24.5%), Zinc: 3.53mg (23.53%), Vitamin A: 1098.37IU (21.97%), Vitamin B2: 0.37mg (21.72%), Magnesium: 75.78mg (18.94%), Fiber: 4.61g (18.46%), Folate: 69.46µg (17.36%), Manganese: 0.33mg (16.68%), Vitamin B12: 0.92µg (15.38%), Vitamin B5: 1.4mg (13.97%), Iron: 2.32mg (12.87%), Vitamin B1: 0.16mg (10.58%), Copper: 0.18mg (8.88%), Vitamin K: 7.64µg (7.28%), Vitamin D: 0.59µg (3.96%), Vitamin E: 0.34mg (2.29%)