



## Easy Zucchini Parmesan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

### Ingredients

- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 large onion diced
- 1 cup mozzarella cheese shredded
- 16 ounces tomato basil sauce classico®
- 2 large zucchini thinly sliced

### Equipment

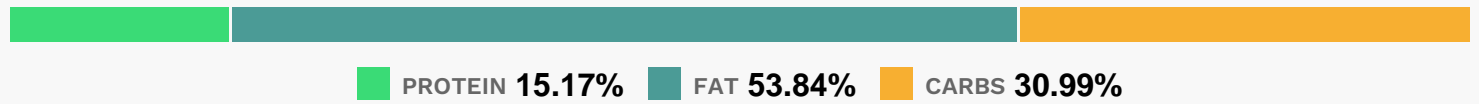
- frying pan

- oven
- pot
- casserole dish

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large pot boil the zucchini until tender; drain. Meanwhile, in a medium frying pan heat the olive oil over medium heat and saute the onion and garlic until the onion is tender.
- Combine the zucchini, onion and garlic in a 9x12 inch casserole dish, and mix well.
- Pour the pasta sauce over the mixture and stir well. Top with mozzarella cheese (use more or less depending on your preference).
- Bake in preheated oven for about 20 minutes, or until heated through and cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:8.8491304024406%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 181.48kcal (9.07%), Fat: 11.03g (16.97%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 10.34g (3.76%), Sugar: 9.4g (10.44%), Cholesterol: 14.75mg (4.92%), Sodium: 411.17mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Vitamin C: 25.06mg (30.38%), Potassium: 577.67mg (16.5%), Vitamin A: 795.7IU (15.91%), Fiber: 3.94g (15.77%), Calcium: 143.29mg (14.33%), Manganese: 0.25mg (12.26%), Phosphorus: 115.77mg (11.58%), Vitamin B6: 0.22mg (11.24%), Vitamin B2: 0.16mg (9.52%), Folate: 31.93µg (7.98%), Vitamin K: 7.99µg (7.61%), Vitamin B12: 0.43µg (7.09%), Magnesium: 25.86mg (6.47%), Zinc: 0.94mg (6.29%), Iron: 1.01mg (5.64%), Vitamin E: 0.84mg (5.62%), Selenium: 3.66µg (5.22%), Vitamin B1: 0.07mg (4.5%), Copper: 0.07mg (3.59%), Vitamin B5: 0.28mg (2.83%), Vitamin B3: 0.54mg (2.7%)