



Eight-Ball Zucchini Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 8 basil leaves
- ☐ 1 ounce bread french
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon olive oil
- ☐ 5 ounces onion peeled quartered
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 cup plum tomatoes chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup spinach leaves packed

☐ 1.5 pounds zucchini

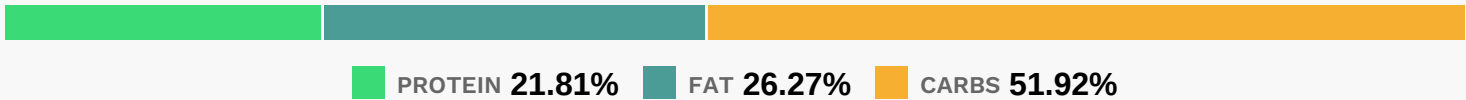
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup. Set aside.
- ☐ Cut each zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Set pulp aside. Steam zucchini shells, covered, 6 minutes or until tender.
- ☐ Drain, cut sides down, on several layers of heavy-duty paper towels.
- ☐ Place zucchini pulp in food processor; process until finely chopped. Spoon into a bowl.
- ☐ Place spinach, basil, garlic, and onion in food processor; process until finely chopped.
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add spinach mixture; cook 3 minutes, stirring occasionally.
- ☐ Add zucchini pulp, tomato, and salt; cook 8 minutes, stirring occasionally.
- ☐ Remove from heat; stir in breadcrumbs.
- ☐ Fill each zucchini half with about 2 1/2 tablespoons zucchini mixture.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 350 for 20 minutes or until cheese melts.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.29, Inflammation Score:0, Nutrition Score:9.3695651279843%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 73.81kcal (3.69%), Fat: 2.32g (3.57%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 8.11g (2.95%), Sugar: 5.15g (5.72%), Cholesterol: 3.21mg (1.07%), Sodium: 312.09mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin C: 28.56mg (34.62%), Vitamin K: 22.81µg (21.72%), Manganese: 0.35mg (17.38%), Vitamin A: 855.28IU (17.11%), Vitamin B6: 0.27mg (13.61%), Potassium: 453.37mg (12.95%), Folate: 49µg (12.25%), Phosphorus: 100.21mg (10.02%), Vitamin B2: 0.16mg (9.56%), Calcium: 91.27mg (9.13%), Fiber: 2.2g (8.79%), Magnesium: 33.27mg (8.32%), Vitamin B1: 0.12mg (7.73%), Copper: 0.11mg (5.49%), Vitamin B3: 1.04mg (5.22%), Iron: 0.91mg (5.03%), Zinc: 0.68mg (4.53%), Selenium: 2.93µg (4.18%), Vitamin B5: 0.34mg (3.41%), Vitamin E: 0.5mg (3.35%)