



Eight-Ball Zucchini Stuffed with Rice, Basil, and Sun-dried Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

Ingredients

- 1 cup basil chopped
- 1.3 cup brown rice cooked
- 3 cloves garlic
- 5 kalamata olives pitted chopped
- 2 tablespoons slivered almonds
- 0.3 cup sun-dried olives (not oil-packed)
- 32 ball zucchini

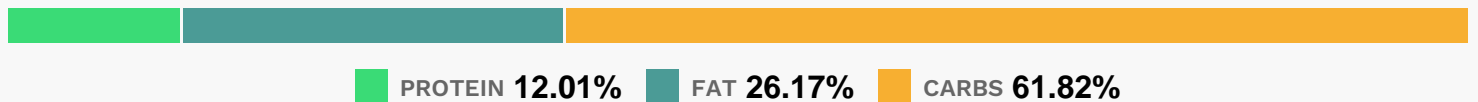
Equipment

- frying pan
- oven
- baking pan

Directions

- Cut zucchini tops off about 3/4 inch from the top. Scoop out the insides, being careful to leave a wall about 1/4 inch thick on all sides. Steam zucchini and tops for about 8 minutes, until slightly softened. Rehydrate the sun-dried tomatoes by soaking them in hot water until softened.
- Remove from water and chop. Reserve soaking water. Chop the zucchini pulp.
- Heat a non-stick skillet over medium-high heat, and sauté the garlic for about 1 minute.
- Add the zucchini pulp and cook for 2 more minutes.
- Add the tomatoes, brown rice and almonds, and if the mixture seems dry, add a splash of the tomato liquid.
- Add the basil leaves, Kalamata olives, and black pepper to taste. Cook until warm, about 3 minutes. Preheat the oven to 400 F. Using a spoon, carefully stuff the rice mixture into the zucchini, mounding slightly on top.
- Place in an uncovered baking dish and bake for 20 minutes.
- Serve hot, covered with tops if desired.

Nutrition Facts



Properties

Glycemic Index:51.8, Glycemic Load:8.43, Inflammation Score:-5, Nutrition Score:10.450000042501%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 134.19kcal (6.71%), Fat: 4.11g (6.33%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 18.63g (6.77%), Sugar: 3.93g (4.37%), Cholesterol: 0mg (0%), Sodium: 89.73mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Manganese: 1.07mg (53.63%), Vitamin K: 29.29µg (27.9%), Magnesium: 64.49mg (16.12%), Copper: 0.27mg (13.55%), Fiber: 3.24g (12.95%), Potassium: 448.91mg (12.83%), Phosphorus: 113.65mg (11.36%), Vitamin E: 1.53mg (10.21%), Vitamin B3: 1.94mg (9.69%), Iron: 1.62mg (9.02%), Vitamin B6: 0.18mg (8.99%), Vitamin B1: 0.13mg (8.8%), Vitamin A: 432.52IU (8.65%), Vitamin C: 6.81mg (8.25%), Vitamin B2: 0.12mg (7.3%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.5mg (4.97%), Calcium: 48.2mg (4.82%), Folate: 17.09µg (4.27%), Selenium: 1.11µg (1.58%)