



Fabulous Zucchini Grinders

 Vegetarian  Popular

READY IN



50 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 14.5 ounce canned tomatoes diced canned
- 1 tablespoon basil fresh chopped
- 2 cloves garlic peeled coarsely chopped
- 1 tablespoon olive oil
- 1 pinch pepper flakes red
- 1 teaspoon red wine vinegar
- 4 servings salt and pepper to taste

- 24 inch sandwich rolls split french italian
- 1.5 cups mozzarella cheese shredded
- 1 teaspoon sugar white
- 2 medium zucchini cubed

Equipment

- food processor
- frying pan
- sauce pan
- oven
- blender
- aluminum foil

Directions

- To make marinara sauce, heat olive oil in a saucepan over medium heat (see Cook's Note).
- Add garlic, basil and red pepper flakes; cook and stir for a minute or two until fragrant. Stir in sugar, vinegar, salt, and pepper.
- Pour in tomatoes with their juices and simmer over low heat for 15 minutes.
- Remove from heat and puree until smooth in food processor or blender.
- Preheat the oven to 350 degrees F (175 degrees C).
- Melt butter in a skillet over medium heat. Cook the zucchini in butter until browned and slightly tender. Season with red pepper flakes, salt, and pepper.
- Spoon a generous amount of the zucchini mixture into each sandwich roll. Cover zucchini with about 1/4 cup marinara sauce per roll. Top with a handful of shredded mozzarella. Close the rolls, and wrap individually in aluminum foil.
- Bake for 15 minutes in the preheated oven, until bread is heated through, rolls are soft, and cheese is melted.

Nutrition Facts



■ PROTEIN **18.93%** ■ FAT **52.32%** ■ CARBS **28.75%**

Properties

Glycemic Index:75.02, Glycemic Load:3.51, Inflammation Score:-7, Nutrition Score:15.601304391156%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 282.74kcal (14.14%), Fat: 17g (26.15%), Saturated Fat: 8.02g (50.15%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 17.68g (6.43%), Sugar: 8.69g (9.66%), Cholesterol: 40.71mg (13.57%), Sodium: 706.9mg (30.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.67%), Vitamin C: 27.56mg (33.41%), Calcium: 281.96mg (28.2%), Manganese: 0.48mg (23.83%), Phosphorus: 237.64mg (23.76%), Selenium: 14.17µg (20.25%), Vitamin B2: 0.32mg (18.78%), Vitamin B6: 0.35mg (17.74%), Potassium: 614.67mg (17.56%), Vitamin A: 822.26IU (16.45%), Vitamin B12: 0.96µg (16.06%), Vitamin K: 15.2µg (14.47%), Vitamin E: 2.15mg (14.31%), Vitamin B1: 0.21mg (14%), Copper: 0.28mg (13.82%), Folate: 54.79µg (13.7%), Iron: 2.46mg (13.65%), Fiber: 3.33g (13.33%), Zinc: 1.99mg (13.25%), Magnesium: 51.57mg (12.89%), Vitamin B3: 2.41mg (12.04%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.17µg (1.12%)