



Garden Vegetable Bake

READY IN



55 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup parmesan grated reduced-fat
- ☐ 1 cup zucchini chopped
- ☐ 0.7 cup corn sweet whole (from 15.25-oz can)
- ☐ 0.5 cup tomatoes chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup baking mix bisquick heart smart®
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 0.5 cup eggs fat-free
- ☐ 0.5 teaspoon salt

☐ 0.3 teaspoon pepper

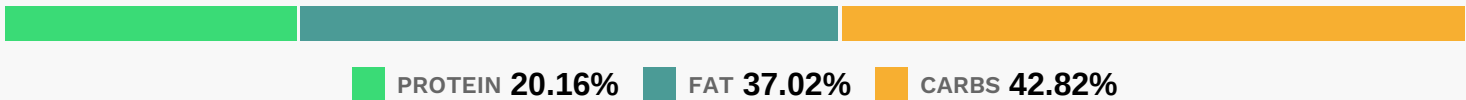
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- ☐ Sprinkle 1/4 cup of the cheese in baking dish. Top with zucchini, corn, tomato and onion.
- ☐ Sprinkle remaining 1/4 cup cheese over vegetables.
- ☐ In small bowl, stir remaining ingredients until blended.
- ☐ Pour over vegetables and cheese.
- ☐ Bake uncovered 32 to 35 minutes or until knife inserted in center comes out clean.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:24.21, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:8.4308695689492%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 152.75kcal (7.64%), Fat: 6.28g (9.66%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.43g (5.61%), Sugar: 5.29g (5.88%), Cholesterol: 84.19mg (28.06%), Sodium: 588.09mg (25.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Phosphorus: 253.95mg (25.4%), Calcium: 192.94mg (19.29%), Vitamin B2: 0.28mg (16.48%), Selenium: 9.75µg (13.92%), Vitamin B12: 0.66µg (11.06%), Folate: 44.12µg (11.03%), Vitamin B1: 0.14mg (9.48%), Vitamin C: 6.72mg (8.14%), Vitamin A: 389.15IU (7.78%), Manganese: 0.15mg (7.67%), Potassium: 254.32mg (7.27%), Vitamin B5: 0.69mg (6.87%), Zinc: 1.02mg (6.77%), Vitamin B6: 0.13mg (6.67%), Vitamin D: 0.89µg (5.92%), Iron: 1.03mg (5.72%), Magnesium: 22.65mg (5.66%), Vitamin B3: 1.07mg (5.34%), Copper: 0.09mg (4.41%), Fiber: 0.92g (3.67%), Vitamin K: 3.24µg (3.08%), Vitamin E: 0.34mg (2.28%)