



Granny's Italian Zucchini Pie

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



273 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon basil dried
- ☐ 2 eggs well beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 0.5 teaspoon salt

- ☐ 8 ounce mozzarella cheese shredded
- ☐ 2 tablespoons mustard yellow
- ☐ 4 cups zucchini thinly sliced

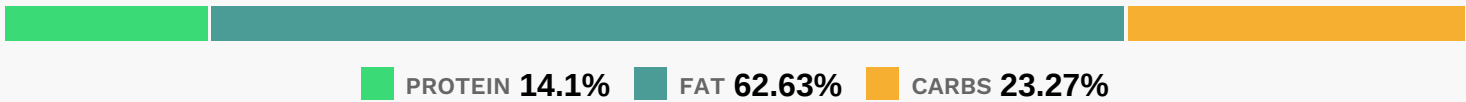
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Heat butter in a skillet over medium heat; cook and stir zucchini and onion until tender, about 10 minutes.
- ☐ Add salt, pepper, garlic powder, basil, and oregano; stir to coat.
- ☐ Whisk eggs and mozzarella cheese together in a bowl. Stir zucchini mixture into egg mixture.
- ☐ Separate crescent dough into two rectangles and place into a 8x12-inch baking dish; press into bottom and slightly up sides of dish to form a crust.
- ☐ Spread mustard onto crust.
- ☐ Pour zucchini-egg mixture into crust.
- ☐ Bake in the preheated oven until set in the middle and lightly browned, 18 to 20 minutes. Cool before cutting into squares or wedges.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:7.7586955661359%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 273.1kcal (13.66%), Fat: 19.59g (30.14%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 15.12g (5.5%), Sugar: 5.63g (6.26%), Cholesterol: 78.57mg (26.19%), Sodium: 654.1mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.85%), Calcium: 172.1mg (17.21%), Phosphorus: 158.58mg (15.86%), Vitamin C: 12.6mg (15.27%), Selenium: 9.83µg (14.04%), Vitamin B12: 0.76µg (12.61%), Vitamin B2: 0.2mg (11.82%), Vitamin A: 558.65IU (11.17%), Manganese: 0.19mg (9.66%), Zinc: 1.25mg (8.32%), Vitamin B6: 0.16mg (8.13%), Potassium: 242.22mg (6.92%), Folate: 26.91µg (6.73%), Iron: 1.13mg (6.29%), Magnesium: 23.24mg (5.81%), Vitamin K: 6.04µg (5.75%), Fiber: 1.25g (4.99%), Vitamin B1: 0.06mg (3.91%), Vitamin B5: 0.38mg (3.84%), Vitamin E: 0.46mg (3.05%), Copper: 0.06mg (2.97%), Vitamin D: 0.33µg (2.22%), Vitamin B3: 0.38mg (1.88%)