



Greek Stuffed Zucchini



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 eggs separated
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pound ground beef
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 4 juice of lemon juiced
- ☐ 2 tablespoons olive oil

- ☐ 4 shallots chopped
- ☐ 3 tablespoons water
- ☐ 0.3 cup rice white uncooked
- ☐ 8 zucchini ends trimmed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

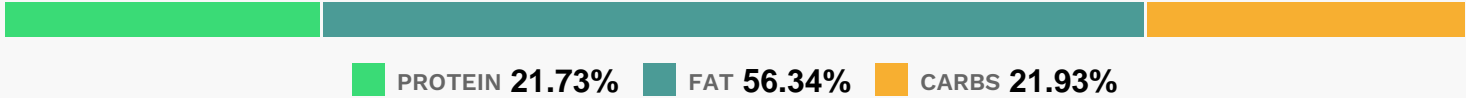
- ☐ Place rice in a bowl, cover with water, and allow to soak for 1 hour.
- ☐ Slice a long, 1/2-thick slice from the side of each zucchini to serve as a lid; hollow out the flesh and seeds from the inside of the zucchini with a spoon, leaving a 1/2-inch thick shell. Discard the flesh, or save for another use.
- ☐ Drain, and place the soaked rice in a bowl.
- ☐ Mix in the ground beef, shallots, garlic, mint, and parsley. Stuff the zucchini boats about 3/4 full with the mixture; stuffing will expand during cooking. Cover the zucchini with the cut-off lid slices.
- ☐ Heat the olive oil in a large skillet over medium heat, and sprinkle the pan with salt and pepper.
- ☐ Place the stuffed zucchini into the pan, pour water around the zucchini, then reduce heat to medium low. Cover with a lid, and cook until the zucchini are tender and the meat is no longer pink, 35 to 40 minutes.
- ☐ About 10 minutes before the zucchini are done, beat the egg whites in a bowl with an electric mixture until stiff peaks form.
- ☐ Whisk in the yolks and lemon juice until well combined.
- ☐ Remove the zucchini from the skillet, leaving the juices, and set the zucchini aside in a warm place.
- ☐ Whisk about 1/2 of the liquid in the skillet into the egg mixture by tablespoons, then pour the egg mixture into the skillet with the remaining liquid. Over low heat, combine the sauce with the pan liquid by gently rotating the skillet to mix the contents; heat the sauce for about 1

minute to thicken enough to coat the back of a spoon. Do not boil.

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Serve the zucchini with lemon sauce.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:4.01, Inflammation Score:-7, Nutrition Score:17.591739193253%

Flavonoids

Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.12mg, Apigenin: 4.12mg, Apigenin: 4.12mg, Apigenin: 4.12mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 260.43kcal (13.02%), Fat: 16.63g (25.59%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 11.88g (4.32%), Sugar: 6.33g (7.04%), Cholesterol: 81.18mg (27.06%), Sodium: 73.21mg (3.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.87%), Vitamin C: 45.06mg (54.62%), Vitamin K: 42.62µg (40.59%), Vitamin B6: 0.59mg (29.7%), Manganese: 0.5mg (25.09%), Zinc: 3.31mg (22.04%), Potassium: 766.44mg (21.9%), Vitamin B12: 1.31µg (21.85%), Phosphorus: 204.61mg (20.46%), Vitamin B2: 0.33mg (19.56%), Selenium: 13.43µg (19.18%), Vitamin B3: 3.47mg (17.37%), Folate: 68.38µg (17.1%), Iron: 2.46mg (13.64%), Magnesium: 53.69mg (13.42%), Vitamin A: 671.1IU (13.42%), Fiber: 2.7g (10.78%), Vitamin B5: 0.99mg (9.86%), Copper: 0.18mg (9.22%), Vitamin B1: 0.14mg (9.1%), Vitamin E: 1.14mg (7.58%), Calcium: 62.88mg (6.29%), Vitamin D: 0.28µg (1.84%)