



Grilled Stuffed Zucchini Boats

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cheese italiano cheese shredded kraft
- ☐ 1 tablespoon parsley fresh minced
- ☐ 0.5 cup philadelphia tomato & basil cooking creme
- ☐ 3 small zucchini cut in half lengthwise

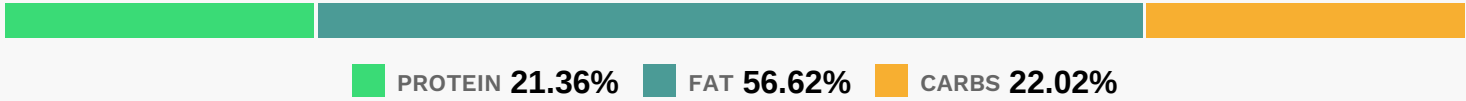
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat barbecue to medium-high heat.
- ☐ Use small spoon to scoop out insides of zucchini halves, leaving 1/2-inch-thick shells; discard removed pulp or reserve for another use.
- ☐ Place zucchini shells, cut-sides up, on foil-covered baking sheet sprayed with cooking spray.
- ☐ Spoon Cooking Creme into zucchini shells; place baking sheet on barbecue grate. Grill 10 to 12 min. or until zucchini is tender; top with shredded cheese. Grill 3 to 5 min. or until cheese is melted.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:4.4056521135828%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 56.19kcal (2.81%), Fat: 3.65g (5.61%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.24g (0.82%), Sugar: 2.26g (2.51%), Cholesterol: 9.42mg (3.14%), Sodium: 105.85mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Vitamin C: 11.95mg (14.48%), Vitamin K: 13.7µg (13.04%), Calcium: 80.27mg (8.03%), Vitamin A: 331.02IU (6.62%), Phosphorus: 65.93mg (6.59%), Vitamin B2: 0.1mg (5.74%), Potassium: 198.27mg (5.66%), Manganese: 0.11mg (5.32%), Vitamin B6: 0.1mg (5.16%), Folate: 17.15µg (4.29%), Selenium: 2.78µg (3.98%), Fiber: 0.95g (3.78%), Zinc: 0.54mg (3.61%), Magnesium: 13.5mg (3.37%), Vitamin B1: 0.03mg (1.99%), Iron: 0.34mg (1.86%), Copper: 0.04mg (1.77%), Vitamin B12: 0.1µg (1.66%), Vitamin B5: 0.16mg (1.62%), Vitamin B3: 0.28mg (1.4%)