



Italian Meatloaf in Zucchini Boats

READY IN



70 min.

SERVINGS



6

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots grated
- 1 tablespoon basil dried
- 2 eggs
- 1 teaspoon garlic minced
- 1 teaspoon garlic salt
- 1.5 pounds ground beef sirloin
- 1.5 cups seasoned bread crumbs italian
- 0.3 cup olive oil
- 1 onion chopped

- 0.3 cup parmesan cheese grated
- 1 cup mozzarella cheese shredded
- 26.5 ounce spaghetti sauce divided canned
- 1 large zucchini cut in half lengthwise

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Scoop out and discard zucchini seeds, leaving the hollowed-out shells.
- Sprinkle the garlic salt into the hollowed-out zucchini, and set aside.
- Heat olive oil in a skillet over medium heat, and cook the onion and garlic until the onion is translucent, about 5 minutes.
- Remove from heat and allow to cool.
- In a mixing bowl, mix the ground beef, eggs, bread crumbs, basil, carrot, and Parmesan cheese together with the onion mixture. Stuff the zucchini halves with the meat mixture, and place them into a baking dish. Spoon about half the spaghetti sauce over the zucchini, covering all the meat and allowing sauce to drip down the sides of the zucchini boats.
- Bake in the preheated oven until the meat is no longer pink in the center and the zucchini are tender, about 45 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
- Sprinkle the mozzarella cheese over the zucchini, and return to oven until the cheese melts, about 5 more minutes.
- Heat the remaining spaghetti sauce in a small saucepan over medium heat while the zucchini boats are cooking.

Serve the zucchini boats with the additional sauce on the side.

Nutrition Facts

PROTEIN 21.33% **FAT 58.07%** **CARBS 20.6%**

Properties

Glycemic Index:31.81, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:29.322173937507%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 633.87kcal (31.69%), Fat: 41.05g (63.16%), Saturated Fat: 14.26g (89.1%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 28.17g (10.24%), Sugar: 8.82g (9.8%), Cholesterol: 154.95mg (51.65%), Sodium: 1702.43mg (74.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.93g (67.86%), Vitamin B12: 3.16µg (52.71%), Selenium: 35.09µg (50.13%), Zinc: 6.69mg (44.6%), Phosphorus: 426.65mg (42.66%), Vitamin B3: 8.27mg (41.35%), Vitamin K: 39.86µg (37.97%), Vitamin A: 1857.53IU (37.15%), Vitamin B6: 0.71mg (35.44%), Iron: 6.16mg (34.2%), Vitamin B2: 0.58mg (34.11%), Manganese: 0.66mg (32.81%), Potassium: 996.05mg (28.46%), Vitamin B1: 0.42mg (27.85%), Calcium: 274.89mg (27.49%), Vitamin E: 4.03mg (26.9%), Vitamin C: 21.04mg (25.51%), Folate: 82.94µg (20.73%), Magnesium: 76.34mg (19.08%), Fiber: 4.61g (18.44%), Copper: 0.36mg (17.75%), Vitamin B5: 1.57mg (15.68%), Vitamin D: 0.51µg (3.39%)