



HEALTH SCORE

85%

Italian stuffed courgettes



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 4 zucchini halved
- ☐ 3 tsp olive oil extra virgin extra-virgin
- ☐ 4 servings the salad mixed
- ☐ 50 g breadcrumbs dried white
- ☐ 50 g pinenuts
- ☐ 6 spring onion trimmed finely sliced
- ☐ 1 garlic clove crushed
- ☐ 6 sun-dried olives drained in oil

- ☐ 1 tbsp thyme leaves
- ☐ 25 g parmesan finely grated

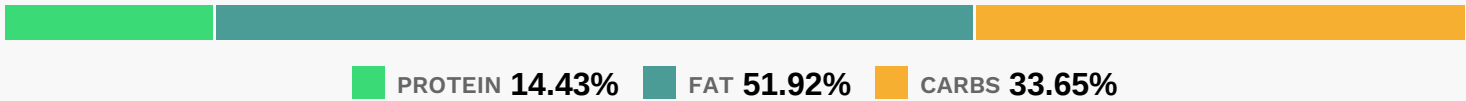
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Place the courgettes in a single layer in a shallow ovenproof dish, fairly tightly together, cut-side up.
- ☐ Brush lightly with 1 tsp oil and bake for 20 mins.
- ☐ To make the stuffing, mix all the ingredients together in a bowl and season with lots of black pepper.
- ☐ Sprinkle the stuffing on top of the courgettes and drizzle with the remaining olive oil.
- ☐ Bake for a further 10–15 mins or until the courgettes are softened and the topping is golden and crisp.
- ☐ Serve hot with a mixed salad.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:22.295217512094%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 243.94kcal (12.2%), Fat: 15.01g (23.1%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 17.81g (6.48%), Sugar: 7.73g (8.59%), Cholesterol: 4.25mg (1.42%), Sodium: 224.4mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.77%), Manganese: 1.75mg (87.44%), Vitamin C: 52.06mg (63.1%), Vitamin K: 56.69µg (53.99%), Phosphorus: 246.3mg (24.63%), Potassium: 851.51mg (24.33%), Vitamin A: 1187.73IU (23.75%), Folate: 94.27µg (23.57%), Magnesium: 91.59mg (22.9%), Vitamin B6: 0.42mg (21.02%), Vitamin B2: 0.34mg (20.11%), Vitamin B1: 0.3mg (19.81%), Copper: 0.39mg (19.61%), Iron: 3.2mg (17.78%), Fiber: 4.08g (16.33%), Calcium: 160.17mg (16.02%), Vitamin B3: 2.9mg (14.51%), Zinc: 2.04mg (13.61%), Vitamin E: 2.01mg (13.41%), Selenium: 5.58µg (7.96%), Vitamin B5: 0.67mg (6.72%), Vitamin B12: 0.12µg (1.98%)