



Italian Stuffed Summer Vegetables

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 3 ounces bread crumbs italian
- ☐ 2 ounces parmesan shredded divided finely
- ☐ 1.5 cups plum tomatoes peeled chopped
- ☐ 1 large bell pepper red halved lengthwise
- ☐ 0.3 teaspoon salt
- ☐ 1 pound to 3 sized squashes yellow halved lengthwise

☐ 0.5 pound zucchini halved lengthwise

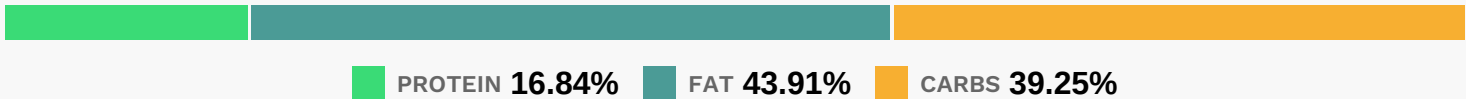
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 37
- ☐ Discard seeds and membranes from bell pepper. Carefully scoop out squash and zucchini pulp, leaving shells intact. Finely chop pulp; set aside.
- ☐ Place bell pepper halves, squash shells, and zucchini shells, cut sides up, in a 13 x 9-inch baking pan coated with cooking spray. Coat shells with cooking spray.
- ☐ Place bread in a food processor; pulse 10 times or until crumbs measure 1 1/2 cups.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add chopped pulp and garlic; cook 4 minutes or until moisture evaporates, stirring frequently.
- ☐ Add tomato; cook 2 minutes or until tomato begins to soften, stirring frequently.
- ☐ Remove from heat. Stir in the breadcrumbs, 1/4 cup cheese, parsley, black pepper, and salt. Divide mixture evenly among prepared bell pepper halves, squash shells, and zucchini shells; sprinkle evenly with 1/4 cup cheese. Cover pan with foil, and bake at 375 for 40 minutes or until shells are tender.
- ☐ Preheat broiler.
- ☐ Remove foil; broil 4 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:11.390869642729%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 116.42kcal (5.82%), Fat: 5.95g (9.15%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.62g (3.5%), Sugar: 7.35g (8.17%), Cholesterol: 4.82mg (1.61%), Sodium: 233.29mg (10.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.13g (10.27%), Vitamin C: 49.76mg (60.31%), Vitamin K: 38.52µg (36.68%), Vitamin A: 1395.53IU (27.91%), Vitamin B6: 0.28mg (14.14%), Manganese: 0.26mg (12.8%), Folate: 49.42µg (12.35%), Potassium: 415.59mg (11.87%), Calcium: 107.37mg (10.74%), Phosphorus: 103.85mg (10.38%), Vitamin B2: 0.17mg (9.94%), Fiber: 2.35g (9.41%), Magnesium: 28.35mg (7.09%), Vitamin B3: 1.4mg (6.99%), Vitamin B1: 0.09mg (5.89%), Iron: 0.93mg (5.19%), Vitamin E: 0.7mg (4.65%), Zinc: 0.63mg (4.19%), Copper: 0.08mg (4.13%), Vitamin B5: 0.3mg (2.96%), Selenium: 1.9µg (2.71%), Vitamin B12: 0.09µg (1.42%)