



Italian Stuffed Zucchini

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.5 cup plum tomatoes finely chopped

- ☐ 0.3 teaspoon salt
- ☐ 4 large zucchini

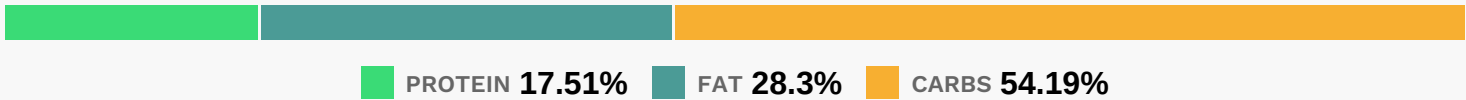
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut zucchini in half lengthwise; scoop out pulp, leaving 1/4-inch-thick shells.
- ☐ Sprinkle shells with salt; set shells aside. Coarsely chop pulp.
- ☐ Preheat oven to 37
- ☐ Coat a medium nonstick skillet with cooking spray, and add oil; place over medium-high heat until hot.
- ☐ Add chopped zucchini and onion; cook 10 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add garlic and tomato; cook 2 minutes or until mixture is thickened, stirring occasionally.
- ☐ Remove from heat; stir in breadcrumbs and remaining 4 ingredients.
- ☐ Spoon vegetable mixture evenly into zucchini shells.
- ☐ Place in a 13 x 9-inch baking dish coated with cooking spray. Cover and bake at 375 for 20 minutes. Uncover and bake 20 additional minutes or until zucchini shells are fork-tender and stuffing is lightly browned.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:11.188260876452%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 79.28kcal (3.96%), Fat: 2.71g (4.17%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 9.17g (3.34%), Sugar: 5.63g (6.25%), Cholesterol: 1.63mg (0.54%), Sodium: 154.18mg (6.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin C: 35.27mg (42.75%), Vitamin K: 40.47µg (38.54%), Manganese: 0.52mg (25.97%), Vitamin B6: 0.32mg (16.16%), Potassium: 522.07mg (14.92%), Folate: 53.04µg (13.26%), Vitamin A: 621.89IU (12.44%), Vitamin B2: 0.19mg (11.22%), Phosphorus: 100.23mg (10.02%), Fiber: 2.5g (9.99%), Magnesium: 39.86mg (9.96%), Vitamin B1: 0.14mg (9.33%), Copper: 0.14mg (6.94%), Iron: 1.13mg (6.25%), Calcium: 62.16mg (6.22%), Vitamin B3: 1.23mg (6.14%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.42mg (4.18%), Selenium: 2.39µg (3.41%), Vitamin E: 0.5mg (3.3%)