



Italian Turkey-Stuffed Zucchini

READY IN



45 min.

SERVINGS



2

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons asiago cheese divided grated
- ☐ 1 ounce ham lean cooked chopped
- ☐ 0.3 teaspoon basil dried
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 1 cup commercial spaghetti sauce low-sodium

- ☐ 0.3 pound turkey raw freshly ground
- ☐ 2 medium zucchini

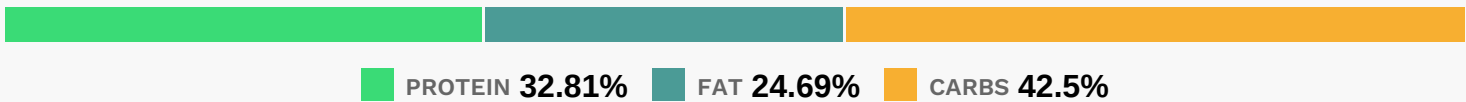
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut zucchini in half lengthwise, leaving stems intact. Carefully remove pulp, leaving 1/4-inch-thick shells. Dice pulp, and set aside; reserve shells.
- ☐ Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add zucchini pulp, onion, and garlic; saute 5 minutes.
- ☐ Transfer zucchini mixture to a medium bowl, and set aside.
- ☐ Combine turkey and ham in skillet; cook over medium heat until turkey is browned, stirring until it crumbles.
- ☐ Combine turkey mixture, zucchini mixture, breadcrumbs, basil, peppers, and 1 teaspoon cheese, stirring well. Spoon turkey mixture evenly into reserved zucchini shells. Spoon spaghetti sauce into bottom of an 8-inch square baking dish; place stuffed zucchini shells over sauce.
- ☐ Sprinkle remaining cheese evenly over zucchini shells. Cover and bake at 350 for 30 minutes. Uncover and bake an additional 20 minutes.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:3.26, Inflammation Score:-8, Nutrition Score:21.801304392193%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg 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: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 223.6kcal (11.18%), Fat: 6.4g (9.85%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 19.91g (7.24%), Sugar: 11.03g (12.26%), Cholesterol: 42.73mg (14.24%), Sodium: 987.15mg (42.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Vitamin C: 48.68mg (59%), Vitamin B6: 0.78mg (38.79%), Manganese: 0.68mg (34.16%), Vitamin B3: 6.63mg (33.17%), Potassium: 1076.04mg (30.74%), Phosphorus: 287.45mg (28.75%), Vitamin B2: 0.45mg (26.6%), Selenium: 17.28µg (24.68%), Vitamin B1: 0.36mg (23.72%), Vitamin A: 1023.16IU (20.46%), Folate: 80.37µg (20.09%), Magnesium: 78.18mg (19.54%), Fiber: 4.88g (19.53%), Iron: 3.26mg (18.12%), Copper: 0.34mg (17.18%), Zinc: 2.32mg (15.47%), Calcium: 147.42mg (14.74%), Vitamin K: 15.41µg (14.67%), Vitamin E: 2.12mg (14.16%), Vitamin B5: 1.36mg (13.59%), Vitamin B12: 0.8µg (13.3%)