



 **24%**
HEALTH SCORE

Italian Zucchini Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounces tomatoes diced undrained canned
- 1 tablespoon basil dried fresh minced
- 1 garlic clove minced
- 0.5 teaspoon garlic salt
- 3 tablespoons olive oil divided
- 1 medium onion sliced
- 1.5 teaspoons oregano dried fresh minced
- 0.5 cup parmesan cheese grated
- 0.8 cup part-skim mozzarella cheese shredded

- 0.3 teaspoon pepper
- 1.5 cups bread stuffing mix
- 6.5 cups zucchini sliced

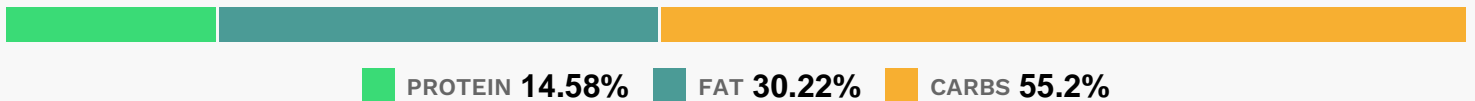
Equipment

- frying pan
- oven
- baking pan

Directions

- In a large skillet, cook zucchini in 1 tablespoon oil 5–6 minutes or until tender; drain and set aside. In the same skillet, saute the onion and garlic in remaining oil for 1 minute.
- Add the tomatoes, basil, oregano, garlic salt and pepper; simmer, uncovered, for 10 minutes.
- Remove from the heat; gently stir in zucchini.
- Place in an greased 13-in. x 9-in. baking dish. Top with stuffing mix; sprinkle with Parmesan cheese. Cover and bake at 350° for 20 minutes.
- Sprinkle with mozzarella cheese.
- Bake, uncovered 10 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:17.631304415672%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 312.99kcal (15.65%), Fat: 10.69g (16.44%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 39.89g (14.51%), Sugar: 9.28g (10.31%), Cholesterol: 12.6mg (4.2%), Sodium: 1094.13mg (47.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Selenium: 25.45µg (36.36%), Vitamin C: 28.41mg (34.44%), Manganese: 0.62mg (31.23%), Folate: 113.04µg (28.26%), Calcium: 248.72mg (24.87%), Vitamin B1: 0.37mg (24.41%), Vitamin B2: 0.39mg (23.18%), Phosphorus: 214.51mg (21.45%), Vitamin K: 22.2µg (21.14%), Iron: 3.74mg (20.75%), Vitamin B6: 0.39mg (19.31%), Vitamin B3: 3.8mg (18.98%), Potassium: 619.31mg (17.69%), Fiber: 4.02g (16.1%), Magnesium: 57.54mg (14.39%), Copper: 0.25mg (12.64%), Vitamin E: 1.89mg (12.62%), Zinc: 1.51mg (10.06%), Vitamin A: 433.8IU (8.68%), Vitamin B5: 0.56mg (5.55%), Vitamin B12: 0.18µg (2.99%)