



Lasagna-Stuffed Zucchini Bites

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 small zucchini (2 inches in diameter)
- 1 cup turkey sausage italian crumbled cooked
- 1 cup tomato sauce
- 4 oz pizza cheese shredded italian

Equipment

- bowl
- baking sheet
- baking paper

oven

Directions

- Heat oven to 375°F. Line cookie sheet with cooking parchment paper.
- Cut zucchini into 2-inch pieces. With small scoop or spoon, scoop out small portion of zucchini in center of each slice to make room for filling.
- In small bowl, stir together sausage and pasta sauce. Spoon 1 tablespoon mixture into each zucchini slice; top evenly with cheese.
- Place on cookie sheet.
- Bake 20 minutes or until zucchini is tender and cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.24, Inflammation Score:-5, Nutrition Score:11.62304353714%

Flavonoids

Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 209.18kcal (10.46%), Fat: 12.64g (19.44%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 6.79g (2.47%), Sugar: 5.55g (6.16%), Cholesterol: 37.02mg (12.34%), Sodium: 897.79mg (39.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.88%), Vitamin C: 32.83mg (39.79%), Iron: 6.48mg (36.02%), Selenium: 13.62µg (19.45%), Vitamin B6: 0.38mg (19.08%), Vitamin B3: 3.05mg (15.23%), Phosphorus: 148.38mg (14.84%), Potassium: 452.42mg (12.93%), Vitamin B2: 0.2mg (11.62%), Zinc: 1.58mg (10.56%), Manganese: 0.21mg (10.45%), Vitamin A: 468.38IU (9.37%), Calcium: 87.13mg (8.71%), Magnesium: 34.59mg (8.65%), Copper: 0.17mg (8.37%), Fiber: 2.04g (8.16%), Vitamin B5: 0.78mg (7.81%), Vitamin E: 0.95mg (6.35%), Folate: 24.4µg (6.1%), Vitamin B1: 0.08mg (5.55%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 4.25µg (4.05%)