



## Lebanese Stuffed Zucchini (Coosa/Koosa)

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



50 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce canned tomatoes canned
- 1 teaspoon ground nutmeg
- 6 servings salt and ground pepper black to taste
- 10.8 ounce all natural tomato soup canned
- 1 pound top round steak chopped
- 1 cup rice white
- 6 large zucchinis

### Equipment

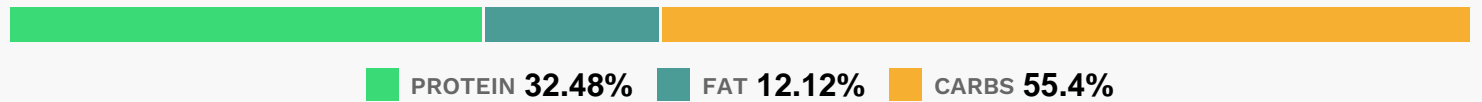
bowl

pot

## Directions

- Cut one end off each zucchini. Use a small scoop to scoop the flesh from the zucchinis, leaving shells. Discard the flesh.
- Mix chopped round steak, rice, nutmeg, salt, and black pepper together in a bowl. Lightly stuff the steak mixture into the zucchinis, making sure to leave about 1 inch of space for the rice to expand; if you don't, the zucchini will burst which still tastes good but doesn't look as nice.
- Place the zucchinis in a large pot; add tomato soup and stewed tomatoes.
- Place a plate on top of the zucchinis to prevent them from bouncing around once the sauce is boiling.
- Bring the sauce to a boil, reduce heat to medium-low, and cook at a simmer until the rice is fully cooked, 30 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:42.36, Glycemic Load:18.38, Inflammation Score:-8, Nutrition Score:29.8199999943609%

## Flavonoids

Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

## Nutrients (% of daily need)

Calories: 305.15kcal (15.26%), Fat: 4.24g (6.53%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 43.62g (14.54%), Net Carbohydrates: 37.63g (13.68%), Sugar: 13.46g (14.95%), Cholesterol: 46.12mg (15.37%), Sodium: 233.32mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin C: 68.8mg (83.4%), Vitamin B6: 1.27mg (63.51%), Manganese: 1.16mg (57.93%), Potassium: 1512.53mg (43.22%), Vitamin B3: 8.61mg (43.07%), Selenium: 30.14µg (43.06%), Phosphorus: 366.58mg (36.66%), Zinc: 5.16mg (34.37%), Vitamin B2: 0.49mg (28.96%), Magnesium: 109.39mg (27.35%), Copper: 0.54mg (27.15%), Folate: 106.35µg (26.59%), Iron: 4.5mg (25.01%), Fiber: 5.99g (23.97%), Vitamin B1: 0.33mg (21.97%), Vitamin K: 21.31µg (20.3%), Vitamin B5: 1.82mg (18.18%), Vitamin A: 903.39IU (18.07%), Vitamin B12: 1.02µg (17.01%), Vitamin E: 2.13mg (14.22%), Calcium: 118.56mg (11.86%)