



## Light Spicy Zucchini and Tomato Casserole

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1 teaspoon chili powder
- 2 tablespoons cilantro leaves roughly chopped
- 0.3 cup cotija cheese crumbled
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin
- 4 servings kosher salt and pepper black freshly ground
- 1 teaspoon olive oil

- 1 jalapeño diced green red seeded finely
- 2 pounds zucchini

## Equipment

- baking sheet
- oven
- pot
- baking pan
- aluminum foil
- broiler

## Directions

- Preheat the oven broiler. Slice the zucchini on a sharp angle about 1/2-inch thick and place on a baking sheet lined with foil and nonstick cooking spray. Coat the zucchini with nonstick cooking spray and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Broil, flipping once, until just golden, 6 to 8 minutes. Reduce the oven temperature to 425 degrees F.
- Meanwhile, heat the oil in a medium pot set over medium-high heat.
- Add the garlic and jalapeno and cook until softened, 2 to 3 minutes.
- Add the chili powder, cumin and tomatoes. Continue to cook until the tomatoes are soft and the sauce is thickened, about 10 minutes.
- Remove from the heat, lightly mash with a fork and season with salt and pepper.
- Coat an 8-inch square baking dish with cooking spray.
- Place about 1/2 of the zucchini in the bottom of the dish and top with 1/2 of the tomato sauce. Repeat the layers and cover with foil.
- Bake until bubbly and hot, about 20 minutes.
- Remove the foil, sprinkle with the cheese and continue to bake until the cheese is melted and lightly browned, about 10 minutes.
- Let stand 10 minutes, sprinkle with the cilantro.

## Nutrition Facts



■ PROTEIN 19.01% ■ FAT 35.1% ■ CARBS 45.89%

## Properties

Glycemic Index:43.25, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:13.087391328552%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 110.05kcal (5.5%), Fat: 4.57g (7.02%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 10.01g (3.64%), Sugar: 8.25g (9.16%), Cholesterol: 11.13mg (3.71%), Sodium: 328.02mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin C: 47.14mg (57.14%), Vitamin B6: 0.47mg (23.4%), Manganese: 0.46mg (23.19%), Vitamin A: 1120.74IU (22.41%), Vitamin B2: 0.33mg (19.34%), Potassium: 630.98mg (18.03%), Folate: 59.73µg (14.93%), Fiber: 3.42g (13.68%), Calcium: 136.44mg (13.64%), Phosphorus: 134.51mg (13.45%), Vitamin K: 12.58µg (11.98%), Magnesium: 45.98mg (11.5%), Iron: 1.78mg (9.89%), Vitamin B1: 0.13mg (8.58%), Zinc: 1.14mg (7.62%), Copper: 0.14mg (6.96%), Vitamin B3: 1.27mg (6.37%), Vitamin B5: 0.61mg (6.1%), Vitamin E: 0.77mg (5.13%), Selenium: 2.68µg (3.82%), Vitamin B12: 0.21µg (3.52%)