



Light Zucchini Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup biscuit baking mix
- ☐ 0.3 cup buttermilk
- ☐ 1 small onion grated
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tablespoons vegetable oil
- ☐ 1 pound zucchini shredded

Equipment

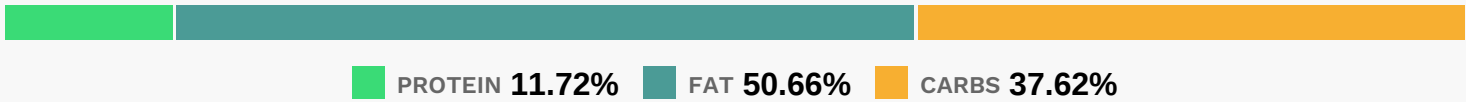
- ☐ bowl

- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie pan.
- ☐ In a medium bowl combine zucchini, onion, buttermilk, oil, cheese and biscuit mix.
- ☐ Mix well and pour into prepared pie pan.
- ☐ Bake in preheated oven for 1 hour, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:8.0778260801149%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 186.54kcal (9.33%), Fat: 10.64g (16.37%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.41g (5.97%), Sugar: 5.37g (5.97%), Cholesterol: 9.12mg (3.04%), Sodium: 421.55mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Phosphorus: 213.28mg (21.33%), Vitamin C: 14.46mg (17.52%), Calcium: 139.58mg (13.96%), Vitamin B2: 0.21mg (12.55%), Vitamin K: 13.12µg (12.49%), Folate: 46.53µg (11.63%), Manganese: 0.22mg (11.22%), Vitamin B1: 0.16mg (10.86%), Vitamin B6: 0.16mg (8.2%), Potassium: 280.28mg (8.01%), Selenium: 5.12µg (7.31%), Vitamin B3: 1.28mg (6.41%), Magnesium: 24.02mg (6.01%), Fiber: 1.37g (5.5%), Zinc: 0.79mg (5.29%), Iron: 0.9mg (5%), Vitamin A: 246.31IU (4.93%), Vitamin B5: 0.42mg (4.23%), Vitamin B12: 0.25µg (4.2%), Copper: 0.08mg (4.1%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.22µg (1.43%)