



Mexican Zucchini Casserole

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 eggs
- 1 tablespoon canola oil
- 0.1 teaspoon salt
- 0.1 teaspoon pepper
- 1 cup zucchini shredded
- 1 tablespoon jalapeno seeded chopped
- 1 tablespoon onion finely chopped
- 0.3 cup baking mix

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- 2 tablespoons cheddar cheese shredded

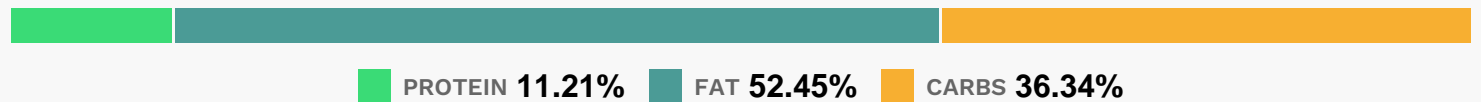
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a small bowl, beat the egg, oil, salt and pepper.
- Add the zucchini, jalapeno and onion; stir to coat. Stir in biscuit mix and cheese.
- Pour into a 15-oz. baking dish coated with cooking spray.
- Bake at 375° for 18-20 minutes or until a toothpick comes out clean.
- Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:12.44869568037%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 314.25kcal (15.71%), Fat: 18.38g (28.27%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 26.86g (9.77%), Sugar: 6.84g (7.6%), Cholesterol: 91.14mg (30.38%), Sodium: 747.98mg (32.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Phosphorus: 343.65mg (34.36%), Vitamin C: 20.48mg (24.83%), Vitamin B2: 0.38mg (22.23%), Folate: 80µg (20%), Vitamin B1: 0.27mg (18.31%), Selenium: 12.35µg (17.64%), Calcium: 156.63mg (15.66%), Manganese: 0.28mg (14.14%), Vitamin E: 1.92mg (12.78%),

Vitamin K: 12.14µg (11.56%), Vitamin B3: 2.22mg (11.1%), Vitamin B6: 0.21mg (10.63%), Iron: 1.78mg (9.88%), Vitamin B5: 0.88mg (8.84%), Potassium: 291.52mg (8.33%), Vitamin A: 411.2IU (8.22%), Vitamin B12: 0.44µg (7.37%), Fiber: 1.79g (7.15%), Zinc: 1.05mg (7.03%), Magnesium: 27.94mg (6.98%), Copper: 0.12mg (6.01%), Vitamin D: 0.49µg (3.27%)