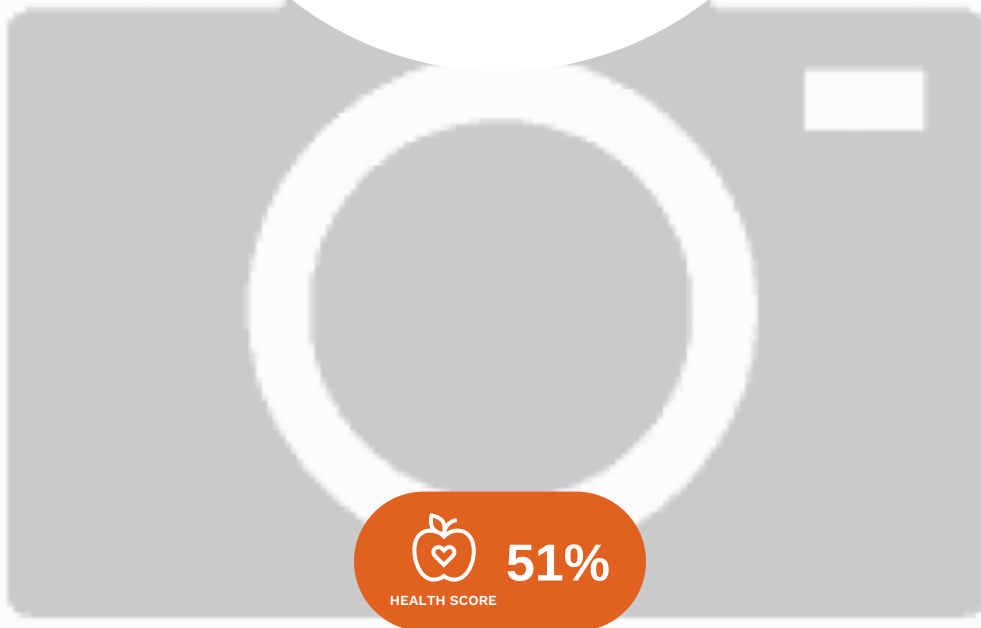




Middle Eastern Stuffed Zucchini



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup rice
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon mint leaves dried
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 pound lamb
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomato purée divided

☐ 2 pounds zucchini yellow

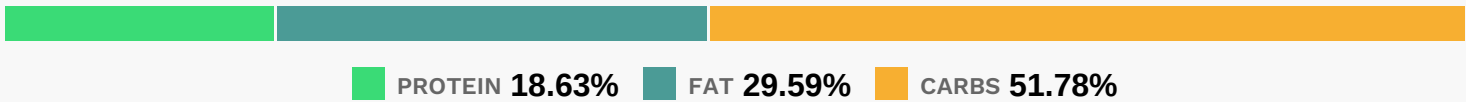
Equipment

- ☐ frying pan
- ☐ apple corer

Directions

- ☐ Mix together the ground lamb, basmati rice, 2 tablespoons tomato puree, 1/2 teaspoon mint, salt, and pepper; mix well, and set aside.
- ☐ Slice the ends off of the zucchinis and hollow out the centers using an apple corer. Stuff with lamb mixture.
- ☐ Stir together the remaining tomato puree with 1/2 teaspoon salt in a large skillet.
- ☐ Place the stuffed zucchini into the sauce, and add enough water to cover the zucchini. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer for 30 minutes.
- ☐ Stir in the garlic, lemon juice, and remaining 1/2 teaspoon of mint. Recover, and simmer an additional 15 minutes. To serve, cut the zucchini crosswise into rounds and arrange on a serving plate. Spoon sauce over the top.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:21.059999981652%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 210.49kcal (10.52%), Fat: 7.41g (11.41%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 23.99g (8.72%), Sugar: 11.43g (12.7%), Cholesterol: 20.7mg (6.9%), Sodium: 349.6mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.5g (21.01%), Vitamin C: 54.13mg (65.61%), Manganese: 0.78mg (38.92%), Vitamin B6: 0.73mg (36.41%), Potassium: 1254.49mg (35.84%), Vitamin B2: 0.49mg (29.08%), Copper: 0.55mg (27.53%), Vitamin B3: 4.91mg (24.57%), Vitamin A: 1128.94IU (22.58%), Folate: 87.32µg (21.83%), Fiber: 5.2g (20.78%), Iron: 3.74mg (20.76%), Phosphorus: 198.11mg (19.81%), Magnesium: 78.43mg (19.61%), Vitamin E: 2.93mg (19.53%), Zinc: 2.24mg (14.9%), Vitamin B5: 1.24mg (12.41%), Vitamin B1: 0.18mg (12.24%), Selenium: 8.56µg (12.23%), Vitamin K: 12.41µg (11.81%), Vitamin B12: 0.65µg (10.91%), Calcium: 68.34mg (6.83%)