

## Mini Zucchini Bites (Cuadritos De Calabacin)

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

SIDE DISH

### Ingredients

- 6 strips bacon diced (which ever you prefer)
- 1 small onion white chopped
- 3.5 cups zucchini with skin grated
- 1 cup gouda cheese grated
- 2 cups flour all-purpose
- 1 teaspoon double-acting baking powder
- 0.5 cup vegetable oil
- 5 eggs
- 12 servings salt and pepper to taste

- 0.3 cup butter melted
- 12 servings breadcrumbs plain

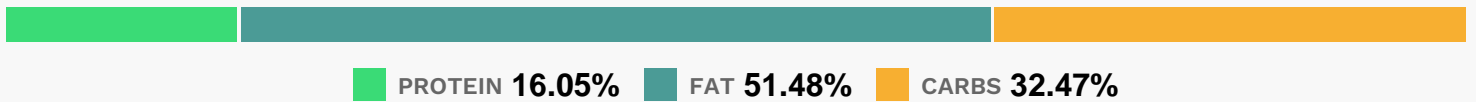
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees Fahrenheit.
- In a saute pan cook the bacon until crisped and reserve.
- With 2 tbsp of the bacon fat, saute/cook the onion until transparent and reserve aside.
- In a bowl mix the zucchini, cheese, flour, baking powder, oil, eggs, bacon, onion, salt & pepper till well combined. Set aside.
- To prepare the 10 x 7 in. baking pan brush the melted butter all around inside and top with the bread crumbs. Make sure to cover all parts in pan.
- Pour the zucchini mixture evenly in the pan and bake for 45-60 minutes, until it is firm.
- After baked let it rest for 10 minutes before cutting into 2 in. cubes.
- Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:23.83, Glycemic Load:11.94, Inflammation Score:-5, Nutrition Score:11.236956521739%

## Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Taste

Sweetness: 21.87%, Saltiness: 100%, Sourness: 13.16%, Bitterness: 19.56%, Savoriness: 42.32%, Fattiness: 85.62%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 316.23kcal (15.81%), Fat: 18.02g (27.72%), Saturated Fat: 8.4g (52.5%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 24.1g (8.76%), Sugar: 2.34g (2.6%), Cholesterol: 108.1mg (36.03%), Sodium: 596.6mg (25.94%), Protein: 12.64g (25.27%), Selenium: 20.43µg (29.19%), Phosphorus: 222.66mg (22.27%), Vitamin B1: 0.32mg (21.54%), Vitamin B2: 0.34mg (19.94%), Calcium: 198.22mg (19.82%), Folate: 71.51µg (17.88%), Manganese: 0.31mg (15.73%), Vitamin B3: 2.53mg (12.67%), Iron: 2.05mg (11.38%), Zinc: 1.56mg (10.38%), Vitamin B12: 0.56µg (9.41%), Vitamin C: 6.91mg (8.37%), Vitamin B6: 0.16mg (8.18%), Vitamin A: 404.7IU (8.09%), Vitamin B5: 0.64mg (6.42%), Magnesium: 25.4mg (6.35%), Potassium: 216.98mg (6.2%), Vitamin K: 6.48µg (6.17%), Fiber: 1.47g (5.9%), Copper: 0.1mg (5.1%), Vitamin E: 0.61mg (4.07%), Vitamin D: 0.51µg (3.39%)