

Mom's Zucchini Pie

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

Ingredients

- 2 tablespoons parsley dried
- 2 eggs lightly beaten
- 0.5 teaspoon pepper black
- 0.3 cup butter
- 0.3 cup onion chopped
- 0.3 teaspoon oregano dried
- 8 ounce regular crescent rolls refrigerated
- 8 ounce regular crescent rolls refrigerated
- 0.5 teaspoon salt
- 2 cups mozzarella cheese shredded

4 cups zucchini sliced

Equipment

frying pan

oven

pie form

Directions

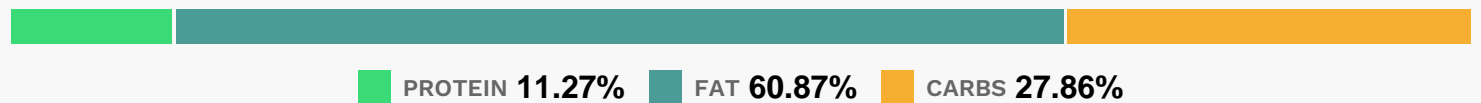
Preheat oven to 375 degrees F (190 degrees C). Unroll crescent rolls, and press into a 9 inch pie pan, covering sides and bottom.

Melt margarine in a skillet over medium heat, and cook the zucchini and onion until tender. Season with parsley, oregano, salt, and pepper.

Remove skillet from heat, and mix in the eggs and cheese.

Bake 20 minutes in the preheated oven, until set. Cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:10.239565227343%

Flavonoids

Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg, Apigenin: 30.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 484.88kcal (24.24%), Fat: 33.92g (52.19%), Saturated Fat: 13.84g (86.49%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 33.75g (12.27%), Sugar: 10.4g (11.56%), Cholesterol: 84.05mg (28.02%), Sodium: 1141.29mg (49.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Calcium: 224.13mg (22.41%), Phosphorus: 200.02mg (20%), Vitamin C: 16.14mg (19.57%), Vitamin A: 850.62IU (17.01%), Vitamin B12: 0.99µg (16.52%), Vitamin B2: 0.27mg (16.02%), Selenium: 11.15µg (15.93%), Vitamin K: 14.34µg (13.66%), Manganese: 0.26mg (13.08%), Zinc: 1.6mg (10.64%), Iron: 1.89mg (10.49%), Vitamin B6: 0.19mg (9.48%), Potassium: 299.27mg (8.55%), Folate: 32.13µg (8.03%), Magnesium: 28.24mg (7.06%), Fiber: 1.2g (4.78%), Vitamin B5: 0.47mg (4.72%),

Vitamin E: 0.7mg (4.64%), Vitamin B1: 0.06mg (3.99%), Copper: 0.07mg (3.46%), Vitamin D: 0.44µg (2.95%),
Vitamin B3: 0.5mg (2.52%)