



Nat's Shrimp and Veggie Stuffed Zucchini

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cremini mushrooms quartered
- ☐ 8 leaves basil fresh
- ☐ 6 cloves garlic finely chopped
- ☐ 4 servings garlic powder to taste
- ☐ 4 servings ground pepper black to taste
- ☐ 4 servings kosher salt to taste
- ☐ 0.3 cup olive oil divided
- ☐ 0.3 cup parmesan cheese divided grated

- ☐ 1 shallots finely chopped
- ☐ 0.5 pound shrimp shelled deveined cut in half
- ☐ 1 large tomatoes diced peeled seeded
- ☐ 1 extra large zucchini

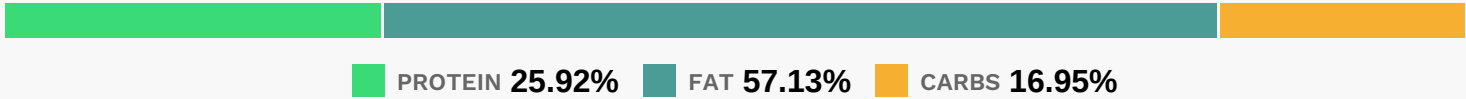
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Grease a baking sheet.
- ☐ Cut the zucchini in half the long way, and scoop out the seeds and pulp, leaving a thick shell of flesh.
- ☐ Brush both halves of the zucchini with about 1 tablespoon of olive oil, and place them, cut sides down, onto the prepared baking sheet.
- ☐ Bake until the zucchini are hot and beginning to release beads of moisture, 5 to 10 minutes.
- ☐ Remove the zucchini from the oven.
- ☐ Reduce the oven heat to 450 degrees F (230 degrees C).
- ☐ Heat 2 tablespoons of olive oil in a skillet over medium-low heat, and cook and stir the garlic and shallot until translucent, about 5 minutes.
- ☐ Remove from the heat and let cool.
- ☐ Place 1 tablespoon of olive oil, the shrimp, diced tomato, mushrooms, 1/4 cup of Parmesan cheese, basil, and the cooked garlic and shallot into a bowl, and stir to mix. Season to taste with black pepper, salt, and garlic powder. Stuff the mixture into the zucchini halves, and sprinkle each zucchini with about 2 tablespoons of Parmesan cheese.
- ☐ Bake the stuffed zucchini in the preheated oven until the cheese is browned and the filling is cooked through and hot, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:12.764782696962%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 240.78kcal (12.04%), Fat: 15.89g (24.44%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.72g (3.17%), Sugar: 3.73g (4.14%), Cholesterol: 96.72mg (32.24%), Sodium: 382.88mg (16.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Phosphorus: 262.27mg (26.23%), Copper: 0.52mg (25.86%), Vitamin C: 17.12mg (20.76%), Selenium: 14.12µg (20.18%), Potassium: 655.27mg (18.72%), Manganese: 0.37mg (18.35%), Vitamin K: 18.39µg (17.51%), Vitamin B2: 0.28mg (16.68%), Vitamin E: 2.32mg (15.46%), Vitamin B6: 0.29mg (14.71%), Calcium: 126.42mg (12.64%), Zinc: 1.88mg (12.54%), Vitamin A: 585.03IU (11.7%), Magnesium: 45.02mg (11.26%), Vitamin B3: 2.09mg (10.47%), Folate: 33.33µg (8.33%), Vitamin B5: 0.83mg (8.31%), Fiber: 1.88g (7.53%), Vitamin B1: 0.1mg (6.99%), Iron: 1.23mg (6.82%), Vitamin B12: 0.12µg (2.07%)