



Neely's Zucchini Gratin

READY IN



55 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 2 tablespoons butter
- 2 eggs beaten
- 2 tablespoons flour all-purpose
- 3 cloves garlic chopped
- 0.5 cup half-and-half
- 1 medium onion chopped
- 0.3 cup parmesan grated
- 2 plum tomatoes seeded chopped

- 6 servings salt and pepper black freshly ground
- 0.3 cup sharp cheddar white grated
- 1 tablespoon freshly thyme leaves chopped
- 6 zucchini sliced into half moons 1/

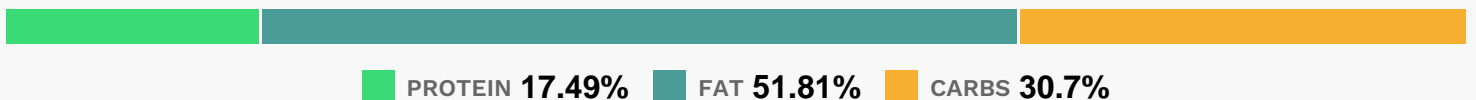
Equipment

- bowl
- frying pan
- oven
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat your oven to 375 degrees F. Butter an 8 by 8-inch casserole dish.
- In a large heavy bottomed saute pan over medium heat, melt butter.
- Saute onion and garlic until translucent.
- Add zucchini and tomatoes, about 7 minutes
- Add thyme, and flour. Season with salt and pepper.
- Add mixture to the buttered casserole dish.
- In a medium size bowl, add brown sugar, eggs, and half-and-half. Season with salt and pepper.
- Pour the milk mixture over the zucchini and sprinkle with both of the cheeses.
- Bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:13.66869570898%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 10.92g (16.8%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 11.74g (4.27%), Sugar: 9.12g (10.14%), Cholesterol: 79.19mg (26.4%), Sodium: 179.11mg (7.79%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.29g (16.58%), Vitamin C: 41.79mg (50.65%), Manganese: 0.48mg (23.8%), Vitamin B6: 0.43mg (21.25%), Vitamin B2: 0.36mg (20.89%), Vitamin A: 967.56IU (19.35%), Phosphorus: 191.03mg (19.1%), Potassium: 662.53mg (18.93%), Folate: 67.72µg (16.93%), Calcium: 161.09mg (16.11%), Selenium: 9.04µg (12.91%), Magnesium: 49.5mg (12.38%), Fiber: 2.81g (11.23%), Vitamin K: 11.15µg (10.62%), Vitamin B1: 0.14mg (9.51%), Zinc: 1.31mg (8.74%), Iron: 1.5mg (8.32%), Vitamin B5: 0.8mg (7.96%), Copper: 0.16mg (7.77%), Vitamin B3: 1.26mg (6.3%), Vitamin E: 0.71mg (4.74%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.34µg (2.28%)