



Oven-Baked Zucchini Fries



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



742 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds zucchini (4 zucchini)
- ☐ 2.5 cups crunchy whole
- ☐ 1.3 teaspoons salt
- ☐ 1.3 teaspoons garlic powder
- ☐ 1.3 teaspoons onion powder
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons water

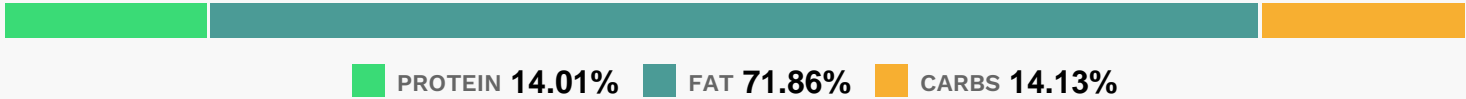
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat your oven to 425°F and place a couple of racks on a baking sheet (I use cooling racks) or grease a large baking sheet.
- ☐ Cut the ends off of the zucchini, and slice each into sticks that are about ¼-inch thick and 3 inches long. Set aside.
- ☐ Place the cereal, salt, garlic, and onion powders in a spice grinder or food processor, and pulse several times, until fairly well-ground, but still like coarse crumbs.
- ☐ Place the crumb mixture in a shallow dish.
- ☐ Whisk together the mustard, oil, and water in a large bowl, and add the zucchini sticks, tossing to coat.
- ☐ One by one, remove the zucchini sticks from the dijon mixture, letting any excess drip off, and roll them in the crumb mixture to coat.
- ☐ Place the zucchini sticks on the racks or baking sheet, and pop them in the oven for about 20 to 30 minutes, or until they are crisped up to your liking and tender on the inside. The zucchini will soften a bit more on the inside as they cool.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:27.786087015401%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 741.83kcal (37.09%), Fat: 63.41g (97.55%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 17.75g (6.45%), Sugar: 12.07g (13.41%), Cholesterol: 0mg (0%), Sodium: 1131.36mg (49.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.65%), Manganese: 2.19mg (109.59%), Vitamin B3: 15.3mg (76.5%), Vitamin E: 8.25mg (54.97%), Magnesium: 198.43mg (49.61%), Fiber: 10.3g (41.2%), Phosphorus: 401.15mg (40.12%), Copper: 0.7mg (34.82%), Vitamin B6: 0.65mg (32.73%), Potassium: 1124.16mg (32.12%), Folate: 127.4µg (31.85%), Vitamin C: 20.44mg (24.78%), Zinc: 3.47mg (23.11%), Selenium: 12.78µg (18.26%), Iron: 2.73mg (15.18%), Vitamin B5: 1.47mg (14.72%), Vitamin B2: 0.23mg (13.76%), Vitamin B1: 0.19mg (12.61%), Vitamin K: 11.01µg (10.48%), Calcium: 75.76mg (7.58%), Vitamin A: 234.16IU (4.68%)