



WHATSheATE



Parmesan Baked Zucchini



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 2 zucchini
- ☐ 1 oz parmesan shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 serving pepper freshly ground to taste
- ☐ 2 tablespoons basil fresh chopped

Equipment

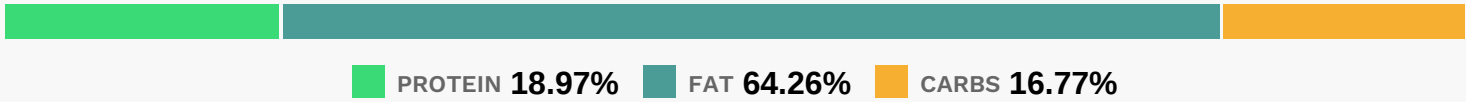
- ☐ baking sheet
- ☐ baking paper

☐ oven

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- ☐ Place zucchini halves, skin side down, on cookie sheet.
- ☐ Sprinkle each with 1 tablespoon cheese.
- ☐ Drizzle with oil; sprinkle with pepper.
- ☐ Bake 15 to 20 minutes or until zucchini is tender and cheese is light golden brown. Cool slightly.
- ☐ Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.6421738856513%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 75.68kcal (3.78%), Fat: 5.65g (8.69%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.32g (0.84%), Sugar: 2.51g (2.79%), Cholesterol: 4.82mg (1.61%), Sodium: 121.49mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin C: 17.72mg (21.48%), Calcium: 101.51mg (10.15%), Vitamin K: 10.63µg (10.13%), Manganese: 0.19mg (9.48%), Phosphorus: 87.03mg (8.7%), Vitamin B6: 0.17mg (8.39%), Potassium: 265.62mg (7.59%), Vitamin B2: 0.12mg (6.85%), Folate: 24.7µg (6.18%), Vitamin A: 304.24IU (6.08%), Magnesium: 21.44mg (5.36%), Vitamin E: 0.65mg (4.3%), Fiber: 1g (4.01%), Zinc: 0.52mg (3.45%), Vitamin B1: 0.05mg (3.15%), Copper: 0.06mg (2.92%), Iron: 0.47mg (2.64%), Selenium: 1.79µg (2.56%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.09µg (1.42%)