



Parmesan Crusted Baked Zucchini Sticks with Marinara Sauce

♥♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs lightly beaten
- ☐ 1 teaspoon oregano
- ☐ 0.5 cup panko bread crumbs
- ☐ 0.5 cup parmigiano reggiano grated (parmesan)
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound zucchini dry sliced into sticks and patted

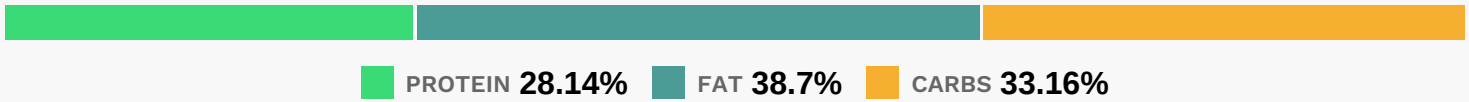
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mix the bread crumbs, parmigiano reggiano and oregano in a bowl.Season the zucchini with salt and pepper.Dip the zucchini in the egg and then dredge in the bread crumb mixture.
- ☐ Place the zucchini on a baking sheet in a single layer with the skin side down.
- ☐ Bake in a preheated 425F oven until golden brown, about 20–25 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:9.141304311545%

Flavonoids

Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 114.96kcal (5.75%), Fat: 5.06g (7.78%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 8.07g (2.93%), Sugar: 3.46g (3.85%), Cholesterol: 49.42mg (16.47%), Sodium: 473.76mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.55%), Vitamin C: 20.31mg (24.62%), Calcium: 194.13mg (19.41%), Phosphorus: 164.74mg (16.47%), Manganese: 0.3mg (15.03%), Vitamin B2: 0.23mg (13.6%), Selenium: 8.33µg (11.9%), Vitamin B6: 0.23mg (11.46%), Folate: 42.47µg (10.62%), Potassium: 343.69mg (9.82%), Vitamin B1: 0.13mg (8.91%), Vitamin K: 8.73µg (8.31%), Magnesium: 31.81mg (7.95%), Vitamin A: 392.33IU (7.85%), Iron: 1.26mg (7.01%), Fiber: 1.68g (6.74%), Zinc: 0.97mg (6.47%), Vitamin B3: 1.07mg (5.37%), Vitamin B5: 0.5mg (5.03%), Copper: 0.09mg (4.72%), Vitamin B12: 0.27µg (4.57%), Vitamin E: 0.38mg (2.51%), Vitamin D: 0.28µg (1.88%)