



Parmesan-Crusted Zucchini Fries

READY IN



33 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 1 large eggs beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1.5 ounces parmesan cheese fresh shredded finely
- ☐ 0.5 cup tomato-basil pasta sauce
- ☐ 1.3 pounds zucchini

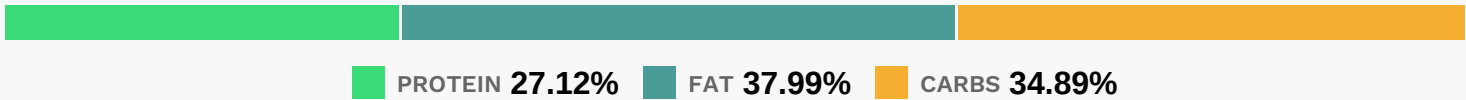
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients in a small shallow bowl.
- ☐ Place egg in a separate shallow bowl.
- ☐ Trim ends from zucchini; cut each zucchini in half crosswise. Quarter each zucchini half lengthwise to make 24 zucchini sticks. Dip zucchini in egg; dredge in panko mixture; pressing to coat.
- ☐ Place zucchini on a baking sheet coated with cooking spray. Coat tops of zucchini with cooking spray.
- ☐ Bake at 450 for 20 minutes or until golden brown.
- ☐ Serve immediately with pasta sauce.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:10.000869564388%

Flavonoids

Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 116.38kcal (5.82%), Fat: 5.05g (7.76%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.13g (5.7%), Cholesterol: 53.73mg (17.91%), Sodium: 295.09mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Vitamin C: 26.18mg (31.73%), Calcium: 172.89mg (17.29%), Phosphorus: 162.72mg (16.27%), Manganese: 0.32mg (15.98%), Vitamin B2: 0.25mg (14.61%), Vitamin B6: 0.28mg (13.87%), Potassium: 465.81mg (13.31%), Folate: 46.62µg (11.65%), Selenium: 7.87µg (11.25%), Vitamin A:

554.71IU (11.09%), Fiber: 2.24g (8.96%), Magnesium: 35.11mg (8.78%), Vitamin K: 8.84µg (8.42%), Vitamin B1: 0.12mg (8.21%), Iron: 1.3mg (7.23%), Zinc: 1mg (6.68%), Vitamin B5: 0.56mg (5.6%), Copper: 0.11mg (5.26%), Vitamin B3: 1.02mg (5.12%), Vitamin B12: 0.26µg (4.27%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.3µg (2.02%)