



Parmesan Zucchini Sticks

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 eggs
- ☐ 0.5 cup italian-flavored bread crumbs dry
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 4 servings garnish: ranch salad dressing
- ☐ 4 zucchini quartered

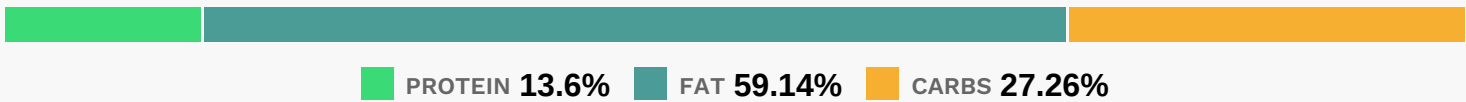
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk egg in a shallow bowl; set aside.
- ☐ Mix bread crumbs, cheese, thyme and pepper in a separate bowl. Dip zucchini into egg and then into crumb mixture.
- ☐ Place on a baking sheet sprayed with non-stick vegetable spray.
- ☐ Bake at 450 degrees for 20 to 25 minutes, until tender.
- ☐ Serve with ranch salad dressing or your favorite dipping sauce.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:16.82826069127%

Flavonoids

Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 289.44kcal (14.47%), Fat: 19.37g (29.8%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 17.24g (6.27%), Sugar: 7.22g (8.03%), Cholesterol: 59.74mg (19.92%), Sodium: 720.94mg (31.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.04%), Vitamin K: 60.47µg (57.59%), Vitamin C: 35.61mg (43.17%), Manganese: 0.57mg (28.62%), Phosphorus: 258.76mg (25.88%), Vitamin B2: 0.37mg (21.61%), Vitamin B6: 0.39mg (19.25%), Calcium: 189.55mg (18.96%), Selenium: 12.92µg (18.46%), Folate: 72.74µg (18.18%), Potassium: 608.95mg (17.4%), Vitamin B1: 0.25mg (16.41%), Magnesium: 50.35mg (12.59%), Vitamin A: 610.74IU (12.21%), Iron: 2.14mg (11.86%), Fiber: 2.85g (11.4%), Zinc: 1.59mg (10.63%), Vitamin B5: 0.95mg (9.45%), Vitamin B3: 1.86mg (9.29%), Copper: 0.16mg (8.23%), Vitamin E: 1.14mg (7.61%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.31µg (2.08%)