



Parmesan Zucchini Sticks with Smoky Roasted Romesco Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons almonds smoked
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread french cubed ()
- ☐ 1 cup breadcrumbs dry
- ☐ 0.5 cup egg substitute
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 large garlic clove
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 teaspoon paprika smoked spanish
- ☐ 1 ounce parmesan fresh grated
- ☐ 2 plum tomatoes halved lengthwise
- ☐ 3 medium bell pepper red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds zucchini

Equipment

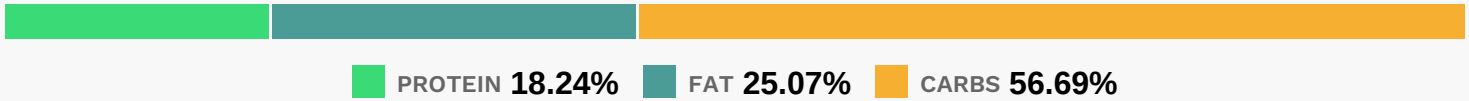
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ To prepare sauce, cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place bell pepper halves and tomatoes, skin sides up, on a foil-lined baking sheet; flatten bell peppers with hand. Broil 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and coarsely chop, reserving any liquid.
- ☐ Combine bell peppers, reserved liquid, tomatoes, and next 8 ingredients (through garlic) in a blender or food processor; process until smooth.

- ☐ Preheat oven to 40
- ☐ To prepare zucchini, cut 1 zucchini in half crosswise; cut each half lengthwise into 8 wedges. Repeat procedure with remaining zucchini.
- ☐ Combine breadcrumbs, panko, cheese, 1/2 teaspoon salt, and black pepper in a shallow dish. Dip zucchini in egg substitute; dredge in breadcrumb mixture.
- ☐ Place zucchini on a wire rack coated with cooking spray. Lightly coat zucchini with cooking spray.
- ☐ Bake at 400 for 25 minutes or until golden brown.
- ☐ Serve immediately with sauce.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:7.01, Inflammation Score:-9, Nutrition Score:17.339130577834%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 186.13kcal (9.31%), Fat: 5.33g (8.2%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 23.73g (8.63%), Sugar: 6.58g (7.32%), Cholesterol: 2.41mg (0.8%), Sodium: 529.63mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Vitamin C: 74.69mg (90.54%), Vitamin A: 1802.37IU (36.05%), Manganese: 0.52mg (26.2%), Vitamin B1: 0.36mg (24.29%), Selenium: 15.93µg (22.75%), Folate: 83.48µg (20.87%), Vitamin B2: 0.35mg (20.37%), Vitamin B6: 0.35mg (17.52%), Vitamin B3: 2.88mg (14.41%), Phosphorus: 137.25mg (13.73%), Fiber: 3.38g (13.52%), Iron: 2.41mg (13.39%), Potassium: 458.95mg (13.11%), Vitamin E: 1.94mg (12.95%), Calcium: 117.18mg (11.72%), Magnesium: 43.94mg (10.98%), Vitamin K: 9.74µg (9.28%), Copper: 0.16mg (7.79%), Vitamin B5: 0.75mg (7.53%), Zinc: 1.13mg (7.52%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.26µg (1.72%)