



Parmigiano-Crumbed Zucchini with Sea Salt

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 ounces ciabatta bread
- ☐ 0.3 teaspoon sea salt
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 0.5 teaspoon thyme leaves
- ☐ 2 medium zucchini

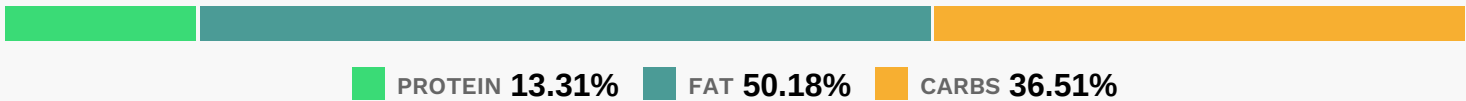
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill pan over medium-high heat.
- ☐ Combine first 4 ingredients in a bowl; toss well to coat. Arrange zucchini in a single layer in pan; grill 4 minutes, turning after 2 minutes.
- ☐ Chop ciabatta bread.
- ☐ Place bread and thyme in a food processor; pulse 10 times.
- ☐ Heat a skillet over medium-high heat.
- ☐ Add olive oil.
- ☐ Add bread mixture; cook 5 minutes, stirring frequently.
- ☐ Combine zucchini, bread mixture, and Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:4.8517390936613%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 86.73kcal (4.34%), Fat: 5.04g (7.76%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 7.09g (2.58%), Sugar: 2.47g (2.75%), Cholesterol: 1.7mg (0.57%), Sodium: 245.45mg (10.67%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin C: 17.94mg (21.75%), Manganese: 0.19mg (9.73%), Vitamin B6: 0.16mg (8.16%), Potassium: 261.33mg (7.47%), Vitamin K: 6.87µg (6.54%), Vitamin B2: 0.1mg (5.99%), Folate: 23.83µg (5.96%), Phosphorus: 55.05mg (5.51%), Magnesium: 19.36mg (4.84%), Calcium: 46.98mg (4.7%), Vitamin E: 0.7mg (4.67%), Fiber: 1.16g (4.65%), Vitamin A: 228.09IU (4.56%), Vitamin B1: 0.05mg (3.02%), Copper: 0.06mg (2.8%), Zinc: 0.39mg (2.59%), Iron: 0.46mg (2.57%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.21mg (2.14%), Selenium: 0.76µg (1.09%)