



Pizza-Stuffed Zucchini Cups

READY IN



55 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 medium zucchini
- ☐ 3 oz cream cheese softened
- ☐ 1 teaspoon seasoning italian
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 medium bell pepper green chopped
- ☐ 0.3 cup turkey pepperoni chopped
- ☐ 2 oz pizza cheese
- ☐ 3 tablespoons breadcrumbs italian

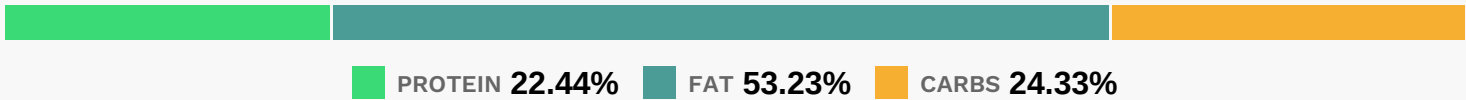
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with cooking parchment paper or foil.
- ☐ Cut end off each zucchini, then cut each into 1 1/2-inch-thick slices. Using small spoon, scoop out the flesh, without going through the bottom, and discard or save for another use.
- ☐ In medium bowl, stir together cream cheese, Italian seasoning, olives, bell pepper, pepperoni and half of the cheese. Fill each zucchini cup with 1 to 2 spoonfuls filling.
- ☐ Place on cookie sheet. Top each with bread crumbs.
- ☐ Bake 20 minutes. Top with remaining cheese.
- ☐ Bake about 20 minutes longer or until cheese is melted and golden brown.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.3065215945244%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 166.85kcal (8.34%), Fat: 10.34g (15.91%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 8.44g (3.07%), Sugar: 4.63g (5.14%), Cholesterol: 32.37mg (10.79%), Sodium: 442.16mg (19.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Vitamin C: 39.34mg (47.69%), Manganese: 0.32mg (15.98%), Vitamin B6: 0.28mg (13.83%), Potassium: 469.84mg (13.42%), Vitamin A: 559.3IU

(11.19%), Vitamin B2: 0.18mg (10.78%), Folate: 41.45µg (10.36%), Vitamin K: 9.87µg (9.4%), Magnesium: 35.84mg (8.96%), Fiber: 2.2g (8.78%), Vitamin B1: 0.12mg (8.23%), Phosphorus: 77.76mg (7.78%), Zinc: 1.16mg (7.76%), Calcium: 76.35mg (7.64%), Iron: 1.31mg (7.3%), Copper: 0.13mg (6.64%), Vitamin B3: 1.06mg (5.29%), Vitamin E: 0.63mg (4.21%), Selenium: 2.81µg (4.01%), Vitamin B5: 0.4mg (3.99%)