



Rosemary Zucchini Sticks

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 eggs
- 1 tablespoon rosemary leaves dried fresh minced crushed
- 1 cup seasoned bread crumbs
- 1 tablespoon water
- 2 medium zucchini peeled

Equipment

- bowl
- baking sheet

oven

Directions

- Cut each zucchini in half widthwise, then cut each half lengthwise into quarters. In a shallow bowl, combine bread crumbs and rosemary. In another bowl, beat egg and water.
- Dip zucchini in egg mixture, then coat with crumb mixture. Coat again in egg and crumbs. Arrange on a baking sheet coated with cooking spray.
- Bake at 375° for 20–25 minutes or until tender and golden, turning once.

Nutrition Facts

 PROTEIN **18.24%**  FAT **18.23%**  CARBS **63.53%**

Properties

Glycemic Index:3.75, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:10.743912966355%

Flavonoids

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

Nutrients (% of daily need)

Calories: 147.95kcal (7.4%), Fat: 3.03g (4.67%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.26g (7.73%), Sugar: 4.21g (4.68%), Cholesterol: 41.22mg (13.74%), Sodium: 424.58mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Manganese: 0.48mg (23.83%), Vitamin B1: 0.34mg (22.47%), Vitamin C: 18.46mg (22.38%), Vitamin K: 18.05µg (17.19%), Folate: 64.93µg (16.23%), Vitamin B2: 0.27mg (15.74%), Selenium: 10.98µg (15.69%), Vitamin B6: 0.23mg (11.57%), Vitamin B3: 2.3mg (11.52%), Iron: 2.06mg (11.47%), Phosphorus: 112.45mg (11.24%), Fiber: 2.52g (10.08%), Potassium: 343.6mg (9.82%), Magnesium: 33.25mg (8.31%), Calcium: 78.14mg (7.81%), Copper: 0.14mg (6.76%), Vitamin A: 327.92IU (6.56%), Zinc: 0.89mg (5.93%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.2µg (3.38%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.22µg (1.47%)