



Round 2 - Stuffed Zucchini Boats

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bread crumbs fresh
- 1 eggs
- 0.3 cup olives green with pimentos chopped
- 1 teaspoon penzey's southwest seasoning italian
- 4 servings mushroom stems reserved from portobello burgers recipe chopped
- 4 servings salt and pepper black freshly ground
- 0.3 cup mozzarella cheese shredded divided
- 2 zucchini reserved from zucchini cakes recipe

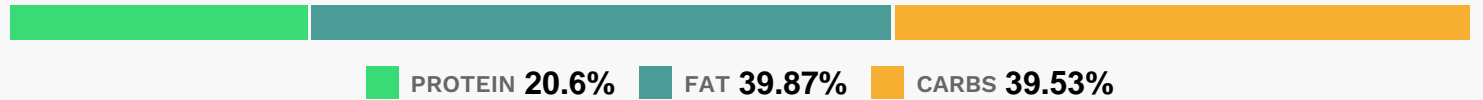
Equipment

- bowl
- baking sheet
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Slice the zucchini lengthwise, scoop out the seeds from the center and put on a baking sheet.
- In a medium bowl combine the remaining ingredients expect for 2 tablespoons of the cheese. Fill the centers of each zucchini half with the mixture.
- Sprinkle the remaining cheese over the top of the filling.
- Bake until the cheese is melted and the filling is golden brown and toasted, about 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:7.9865216949712%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 102.97kcal (5.15%), Fat: 4.72g (7.26%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.62g (3.13%), Sugar: 3.21g (3.57%), Cholesterol: 46.45mg (15.48%), Sodium: 265.09mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin C: 17.55mg (21.28%), Manganese: 0.3mg (14.99%), Vitamin B2: 0.2mg (11.95%), Selenium: 7.32µg (10.46%), Folate: 40.55µg (10.14%), Phosphorus: 100.97mg (10.1%), Vitamin B6: 0.2mg (10.08%), Vitamin B1: 0.14mg (9.4%), Potassium: 308.73mg (8.82%), Calcium: 86.51mg (8.65%), Vitamin K: 8.39µg (7.99%), Fiber: 1.91g (7.66%), Iron: 1.26mg (6.99%), Vitamin A: 344.93IU (6.9%), Magnesium: 26.68mg (6.67%), Vitamin B3: 1.14mg (5.72%), Zinc: 0.81mg (5.42%), Copper: 0.1mg (5.05%), Vitamin

B12: 0.29µg (4.83%), Vitamin B5: 0.45mg (4.47%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.25µg (1.67%)