



Savory Stuffed Zucchini

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cube chicken bouillon
- ☐ 1 eggs
- ☐ 1 clove garlic minced
- ☐ 2 onions diced
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1 cup walnuts chopped
- ☐ 1 large zucchini ends trimmed

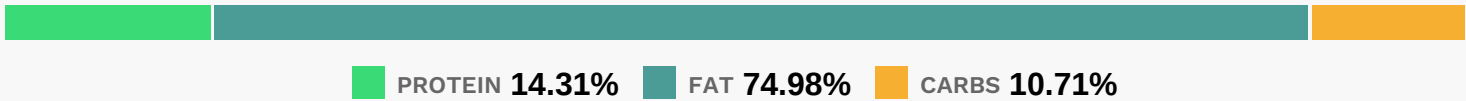
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Melt butter in a large skillet over medium heat. Cook the onions and garlic, stirring occasionally, until the onions are beginning to brown, about 8 minutes. While the onions and garlic are cooking, slice the zucchini in half lengthwise, and remove the inner flesh with a spoon. Leave a 1/2-inch thick shell all around the zucchini; chop the scooped-out zucchini flesh.
- ☐ Place the zucchini flesh, bouillon cube, and walnuts into the skillet. Cook and stir over medium heat until the bouillon cube has dissolved and the zucchini flesh is hot, about 5 minutes. Stir in 1 cup of Cheddar cheese, mix well, and remove from heat. Allow the mixture to cool, then beat in 1 egg.
- ☐ Place the zucchini shells into a baking dish, and fill with the walnut-cheese mixture.
- ☐ Sprinkle about 1/4 cup of shredded Cheddar cheese on top of each stuffed zucchini.
- ☐ Bake in the preheated oven until the cheese is browned and bubbling and the filling is set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:17.917391341666%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 466.96kcal (23.35%), Fat: 40.52g (62.34%), Saturated Fat: 13.96g (87.27%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 9.3g (3.38%), Sugar: 5.31g (5.9%), Cholesterol: 98.35mg (32.78%), Sodium: 348.14mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.79%), Manganese: 1.23mg (61.62%), Phosphorus: 366.53mg (36.65%), Calcium: 363.04mg (36.3%), Copper: 0.55mg (27.67%), Selenium: 17.42µg (24.88%), Vitamin C: 19.14mg (23.2%), Vitamin B2: 0.38mg (22.06%), Vitamin B6: 0.41mg (20.61%), Magnesium: 79.34mg (19.84%), Zinc: 2.97mg (19.79%), Folate: 72.8µg (18.2%), Vitamin A: 827.44IU (16.55%), Fiber: 3.72g (14.87%), Potassium: 472.56mg (13.5%), Vitamin B1: 0.18mg (11.99%), Vitamin B12: 0.56µg (9.32%), Iron: 1.54mg (8.56%), Vitamin B5: 0.75mg (7.55%), Vitamin E: 0.91mg (6.06%), Vitamin K: 6.03µg (5.75%), Vitamin B3: 0.79mg (3.97%), Vitamin D: 0.47µg (3.16%)