

Southwest Zucchini Pie

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



228 kcal

Ingredients

- 1.5 tsp chipotle powder
- 0.5 cup cornmeal
- 2 tbsp cornstarch
- 1 cup regular corn frozen
- 4 ounces chiles diced green
- 0.5 cup plant-based milk
- 0.3 cup nutritional yeast
- 1 onion diced whole
- 0.5 tsp oregano

- 12 ounces mori-nu tofu firm
- 0.3 tsp turmeric
- 0.3 cup vegan cheddar shreds
- 3 garlic cloves whole minced
- 0.5 cup pastry flour whole wheat
- 2 cups zucchini diced

Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 375 F. Spray 9x9" pan and set aside.
- Saute onions in a 1/3 cup water over high heat. After 2 minutes, add garlic. After 2 more minutes, add spices and chilis. Stir to coat and cook until water has evaporated and set aside.
- Whisk non-dairy milk and cornstarch together and set aside. Blend tofu with 1 tbsp non-dairy milk until smooth.
- Combine all ingredients in a large bowl and stir to combine evenly.
- Transfer mixture to pan, spreading it evenly. Top with vegan cheddar cheese if desired and bake 20-30 minutes or until center is cooked and the top is crisp.

- Nutritional Information
- Amount Per Serving
 - Calories
 - Fat
 - 50g
 - Carbohydrate
 - 30g Dietary Fiber 5.30g Sugars 7.90g Protein 10.50g

Nutrition Facts



■ PROTEIN 18.94% ■ FAT 21.75% ■ CARBS 59.31%

Properties

Glycemic Index:33.92, Glycemic Load:6.9, Inflammation Score:-8, Nutrition Score:10.143478284711%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 228kcal (11.4%), Fat: 5.74g (8.82%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 29.31g (10.66%), Sugar: 3.91g (4.34%), Cholesterol: 2.44mg (0.81%), Sodium: 137.38mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.47%), Manganese: 0.69mg (34.27%), Fiber: 5.88g (23.53%), Vitamin C: 13.5mg (16.37%), Vitamin B6: 0.31mg (15.29%), Phosphorus: 136.13mg (13.61%), Magnesium: 50.43mg (12.61%), Iron: 2.23mg (12.41%), Calcium: 122.9mg (12.29%), Selenium: 8.19µg (11.7%), Potassium: 385.09mg (11%), Vitamin B1: 0.16mg (10.79%), Folate: 33.93µg (8.48%), Vitamin B3: 1.61mg (8.07%), Vitamin B2: 0.13mg (7.88%), Zinc: 1.17mg (7.77%), Copper: 0.13mg (6.52%), Vitamin A: 320.8IU (6.42%), Vitamin B5: 0.42mg (4.19%), Vitamin K: 3.81µg (3.63%), Vitamin E: 0.47mg (3.15%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)