



## Spicy Mexican Style Zucchini Casserole

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon cayenne pepper to taste
- 1 cup rice long-grain cooked
- 1 teaspoon garlic salt
- 2 tablespoons olive oil
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 1 cup pinto beans cooked

- 2.5 cups salsa
- 1.5 cups cheddar cheese shredded
- 3 pounds zucchini cubed

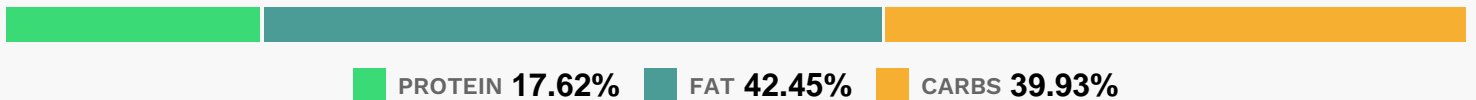
## Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Heat the oil in a large skillet over medium-high heat.
- Add zucchini and onions; cook and stir until tender, about 10 minutes. Season with garlic salt, paprika, oregano and cayenne pepper, and continue cooking and stirring until fragrant.
- Mix in the rice, beans and salsa and cook just until heated through.
- Mix in 1 cup of Cheddar cheese until well blended.
- Transfer to a 9x13 inch baking dish and top with remaining Cheddar cheese. Cover the dish with a lid or aluminum foil.
- Bake for 20 minutes in the preheated oven, or until cheese is melted and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:31.69, Glycemic Load:7.97, Inflammation Score:-8, Nutrition Score:16.643913015075%

## Flavonoids

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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

## Nutrients (% of daily need)

Calories: 236.27kcal (11.81%), Fat: 11.7g (18%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 19g (6.91%), Sugar: 8.41g (9.34%), Cholesterol: 21.19mg (7.06%), Sodium: 977.45mg (42.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin C: 33.84mg (41.02%), Manganese: 0.63mg (31.65%), Vitamin B6: 0.54mg (27.01%), Phosphorus: 235.28mg (23.53%), Vitamin A: 1174.31IU (23.49%), Potassium: 813.18mg (23.23%), Fiber: 5.77g (23.07%), Folate: 90.66µg (22.67%), Calcium: 221.32mg (22.13%), Vitamin B2: 0.31mg (18.07%), Magnesium: 65.09mg (16.27%), Vitamin K: 16.13µg (15.36%), Vitamin E: 2.26mg (15.09%), Selenium: 10.02µg (14.32%), Zinc: 1.85mg (12.33%), Vitamin B1: 0.17mg (11.17%), Copper: 0.22mg (11.14%), Vitamin B3: 1.92mg (9.58%), Iron: 1.72mg (9.55%), Vitamin B5: 0.75mg (7.54%), Vitamin B12: 0.22µg (3.74%)