



## Spicy Mexican Style Zucchini Casserole

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon ground pepper to taste
- 1 cup rice long-grain cooked
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- 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



**PROTEIN 16.1%** **FAT 35.69%** **CARBS 48.21%**

## Properties

Glycemic Index:58.94, Glycemic Load:19.92, Inflammation Score:-8, Nutrition Score:17.790434666302%

## 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: 287.62kcal (14.38%), Fat: 11.81g (18.17%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 35.9g (11.97%), Net Carbohydrates: 29.97g (10.9%), Sugar: 8.43g (9.37%), Cholesterol: 21.19mg (7.06%), Sodium: 977.84mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.98%), Vitamin C: 33.84mg (41.02%), Manganese: 0.82mg (40.97%), Vitamin B6: 0.58mg (28.85%), Phosphorus: 252.26mg (25.23%), Fiber: 5.93g (23.7%), Potassium: 827.01mg (23.63%), Vitamin A: 1174.31IU (23.49%), Folate: 91.85µg (22.96%), Calcium: 225.27mg (22.53%), Selenium: 12.99µg (18.55%), Vitamin B2: 0.31mg (18.38%), Magnesium: 69.83mg (17.46%), Vitamin K: 16.13µg (15.36%), Vitamin E: 2.28mg (15.2%), Zinc: 2.04mg (13.62%), Copper: 0.25mg (12.5%), Vitamin B1: 0.18mg (11.7%), Vitamin B3: 2.07mg (10.37%), Iron: 1.8mg (9.99%), Vitamin B5: 0.91mg (9.08%), Vitamin B12: 0.22µg (3.74%)