



Stuffed Zucchini

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 Tbsp butter divided
- 0.5 cup italian* five cheese shredded with a touch of philadelphia kraft
- 0.3 cup panko bread crumbs
- 1 small plum tomatoes chopped
- 0.3 cup onions yellow chopped
- 2 zucchini

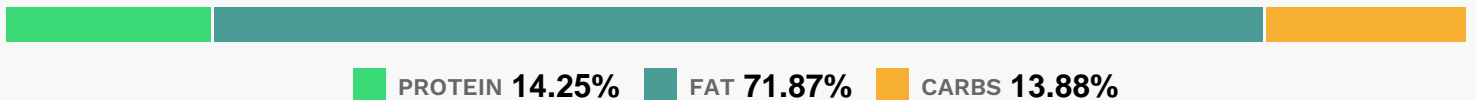
Equipment

- frying pan
- oven
- baking pan
- cutting board

Directions

- Heat oven to 400F.
- Cut zucchini lengthwise in half; scoop out centers onto cutting board, leaving 1/8-inch-thick shells.
- Place shells in 13x9-inch baking dish.
- Chop zucchini flesh. Melt 1 Tbsp. butter in large skillet on medium-high heat.
- Add onions and chopped zucchini; cook and stir 3 min. or until onions are crisp-tender.
- Add tomatoes and bacon; cook 2 min. Stir in cheese. Spoon into zucchini shells.
- Melt remaining butter in same skillet.
- Add panko crumbs; cook and stir 3 min. or until golden brown.
- Sprinkle over filled shells.
- Bake 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:7.2439129793126%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 225.85kcal (11.29%), Fat: 18.54g (28.53%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.56g (2.38%), Sugar: 3.52g (3.91%), Cholesterol: 32.58mg (10.86%), Sodium: 254.36mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Vitamin C: 20.41mg (24.73%), Vitamin B6: 0.25mg (12.37%), Manganese: 0.24mg (12.05%), Potassium: 359.73mg (10.28%), Vitamin A: 510.88IU (10.22%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.68mg (8.41%), Phosphorus: 83.43mg (8.34%), Selenium: 5.68µg (8.12%), Folate: 31.97µg (7.99%), Vitamin B2: 0.13mg (7.83%), Magnesium: 24.74mg (6.18%), Fiber: 1.5g (6.02%), Vitamin K: 6.22µg (5.93%), Calcium: 57.2mg (5.72%), Zinc: 0.68mg (4.52%), Copper: 0.08mg (4.19%), Iron: 0.7mg (3.88%), Vitamin B5: 0.38mg (3.77%), Vitamin E: 0.47mg (3.1%), Vitamin B12: 0.14µg (2.25%)