



## Stuffed Zucchini Boats

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tsp basil leaves dried
- 10 ritz reduced fat crackers crushed finely
- 0.8 cup milk mozzarella cheese shredded 2% divided kraft
- 1 small tomatoes finely chopped
- 1 lb zucchini

### Equipment

- bowl
- oven

- baking pan
- cutting board

## Directions

- Preheat oven to 375F.
- Cut zucchini lengthwise in half; scoop out centers onto cutting board, leaving 1/4-inch-thick shells.
- Place shells in 9-inch square baking dish; set aside.
- Chop zucchini pulp; place in medium bowl.
- Add 1/2 cup of the cheese, the tomatoes, cracker crumbs and basil; mix lightly. Spoon evenly into zucchini shells; sprinkle with remaining 1/4 cup cheese.
- Bake 15 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:8.167391333891%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 222.64kcal (11.13%), Fat: 6.81g (10.48%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 32.85g (11.95%), Sugar: 12.69g (14.1%), Cholesterol: 16.59mg (5.53%), Sodium: 356.7mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Vitamin C: 23.42mg (28.39%), Calcium: 134.31mg (13.43%), Manganese: 0.27mg (13.36%), Vitamin K: 13.16µg (12.53%), Phosphorus: 123.85mg (12.39%), Vitamin A: 560.87IU (11.22%), Vitamin B6: 0.22mg (10.77%), Potassium: 375.05mg (10.72%), Vitamin B2: 0.17mg (10.27%), Folate: 33.18µg (8.3%), Vitamin B12: 0.48µg (7.98%), Magnesium: 29.6mg (7.4%), Zinc: 1.04mg (6.93%), Fiber: 1.54g (6.16%), Selenium: 3.81µg (5.44%), Iron: 0.89mg (4.93%), Vitamin B1: 0.07mg (4.4%), Copper: 0.08mg (4.16%), Vitamin B3: 0.69mg (3.43%), Vitamin B5: 0.28mg (2.84%), Vitamin E: 0.34mg (2.24%)