



Stuffed Zucchini by Campbell's Kitchen

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium baby eggplants
- 1 medium carrots diced
- 1 cup quick-cooking brown rice cooked
- 1.5 cups veggie smart smooth & simple sauce italian prego®
- 1 tablespoon olive oil
- 1 large onion sliced
- 0.3 teaspoon oregano leaves dried crushed
- 4 tablespoons parmesan cheese grated

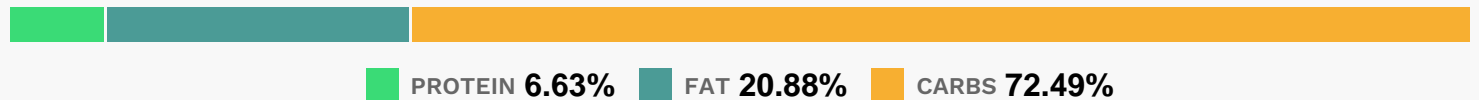
Equipment

- frying pan
- oven
- baking pan
- melon baller

Directions

- Cut the zucchini in half lengthwise. Using a melon baller, scoop the pulp out of each zucchini half, leaving an 1/8-inch-thick shell. Dice the pulp and reserve the zucchini shells.
- Heat the oil in a 10-inch skillet over medium heat.
- Add the onion, carrot and zucchini pulp and cook until the vegetables are tender, stirring occasionally. Stir in the rice and 1 cup sauce and cook until the mixture is hot and bubbling.
- Spoon the vegetable mixture into the zucchini shells.
- Place the filled shells into a 2-quart shallow baking dish. Top with the remaining sauce.
- Sprinkle with the oregano and cheese.
- Bake at 400 degrees F for 30 minutes or until the zucchini shells are tender.

Nutrition Facts



Properties

Glycemic Index:30.79, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:6.3582608926555%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 230.48kcal (11.52%), Fat: 5.28g (8.12%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 39.81g (14.48%), Sugar: 22.84g (25.38%), Cholesterol: 4.35mg (1.45%), Sodium: 1165.94mg (50.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin A: 2597.62IU (51.95%), Manganese: 0.22mg (11.21%), Folate: 39.82µg (9.95%), Phosphorus: 63.9mg (6.39%), Calcium: 63.31mg (6.33%), Selenium: 3.95µg (5.64%), Fiber: 1.39g (5.57%), Iron: 0.95mg (5.28%), Vitamin K: 5.26µg (5.01%), Vitamin C: 3.88mg (4.7%), Vitamin B3: 0.93mg (4.65%), Vitamin B6: 0.09mg (4.64%), Vitamin E: 0.67mg (4.43%), Vitamin B1: 0.06mg (4.08%), Zinc: 0.53mg (3.52%), Potassium: 119.29mg (3.41%), Magnesium: 9.9mg (2.47%), Vitamin B2: 0.04mg (2.4%), Copper: 0.04mg (2.02%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.07µg (1.13%)