



## Stuffed Zucchini with Cheesy Breadcrumbs

READY IN



90 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup artichoke hearts canned drained chopped
- 0.5 teaspoon pepper black divided freshly ground
- 3.9 ounce bread whole-wheat
- 3 tablespoons wine dry white
- 2 tablespoons basil fresh chopped
- 0.3 cup parsley fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 3 garlic clove minced
- 2 teaspoons lemon zest finely grated

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup onion finely chopped
- 5 tablespoons parmesan cheese grated
- 3 tablespoons pinenuts toasted
- 0.4 teaspoon salt divided
- 1 tablespoon butter unsalted
- 3 medium zucchini

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven

## Directions

- Preheat oven to 35
- Place bread in a food processor; pulse until fine crumbs form. Set aside.
- Cut zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Chop pulp.
- Place zucchini halves, cut sides up, on a baking sheet lined with parchment paper; sprinkle with 1/8 teaspoon salt and 1/4 teaspoon pepper.
- Heat oil and butter in a large skillet over medium heat.
- Add zucchini pulp and onion; saut 5 minutes.
- Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, artichoke hearts, thyme, and garlic; cook 45 seconds.
- Add wine; cook 1 minute or until most of liquid evaporates.
- Combine breadcrumbs and onion mixture in a large bowl; stir in cheese and remaining ingredients. Spoon 1/2 cup breadcrumb mixture into each zucchini shell.

Bake at 350 for 45 minutes or until just tender.

## Nutrition Facts

**PROTEIN 11.41%** **FAT 53.86%** **CARBS 34.73%**

### Properties

Glycemic Index:54.11, Glycemic Load:5.84, Inflammation Score:-9, Nutrition Score:13.534782435583%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

### Nutrients (% of daily need)

Calories: 205.12kcal (10.26%), Fat: 12.38g (19.05%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 14.75g (5.36%), Sugar: 5.19g (5.76%), Cholesterol: 8.64mg (2.88%), Sodium: 425.52mg (18.5%), Alcohol: 0.77g (100%), Alcohol %: 0.48% (100%), Protein: 5.9g (11.81%), Vitamin K: 55.06µg (52.44%), Manganese: 0.96mg (47.92%), Vitamin C: 26.23mg (31.8%), Phosphorus: 131.52mg (13.15%), Fiber: 3.21g (12.84%), Folate: 51.28µg (12.82%), Vitamin B6: 0.25mg (12.58%), Vitamin A: 595.28IU (11.91%), Magnesium: 46.97mg (11.74%), Potassium: 396.39mg (11.33%), Vitamin B2: 0.18mg (10.84%), Selenium: 7.39µg (10.56%), Vitamin B1: 0.16mg (10.56%), Iron: 1.85mg (10.29%), Calcium: 97.55mg (9.76%), Vitamin E: 1.4mg (9.34%), Vitamin B3: 1.81mg (9.05%), Copper: 0.18mg (8.91%), Zinc: 1.14mg (7.6%), Vitamin B5: 0.45mg (4.49%)