



 **14%**
HEALTH SCORE

Stuffed Zucchini with Chicken Sausage

READY IN



65 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes whole peeled drained chopped canned
- 2 links mild chicken sausage italian-style
- 0.5 cup breadcrumbs dry
- 1 tablespoon basil fresh chopped
- 1 tablespoon basil fresh chopped
- 3 cloves garlic chopped
- 4 servings pepper black to taste
- 3 tablespoons olive oil
- 0.3 cup parmesan cheese grated

- 0.5 onion sweet chopped vidalia® (such as)
- 2 zucchini ends trimmed

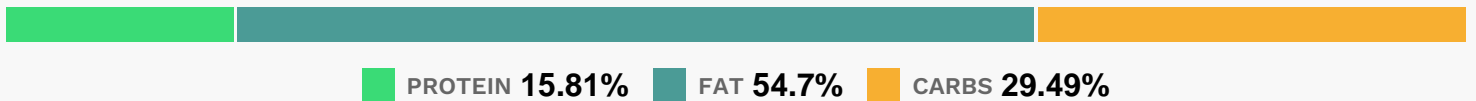
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Cut a lengthwise 3/4-inch thick slice from each zucchini. With a spoon, scoop out the flesh, leaving a shell intact all around the zucchini. Discard or save the flesh for another use. Chop up the long slices of zucchini.
- Heat the olive oil in a skillet over medium heat, and cook the chicken sausage, breaking the meat up as it cooks, until the sausage has begun to brown, about 8 minutes.
- Sprinkle in the crushed red pepper flakes, and season with salt and black pepper. Stir in the chopped zucchini, onion, and garlic, and cook until the onion is translucent, about 5 minutes. Scrape the sausage mixture into a bowl, and stir in the tomatoes, bread crumbs, Parmesan cheese, and basil until the stuffing is thoroughly combined.
- Lightly stuff the zucchini boats with the stuffing, place the zucchini into a baking dish, and bake until thoroughly heated through and beginning to brown on top, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:12.785652117237%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 308.66kcal (15.43%), Fat: 19.46g (29.94%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 20.53g (7.47%), Sugar: 8.35g (9.28%), Cholesterol: 35.44mg (11.81%), Sodium: 801.73mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin C: 30.56mg (37.05%), Manganese: 0.48mg (23.76%), Vitamin B6: 0.38mg (18.94%), Vitamin K: 18.99µg (18.08%), Vitamin B1: 0.24mg (16.3%), Vitamin E: 2.39mg (15.93%), Potassium: 549.58mg (15.7%), Iron: 2.65mg (14.71%), Calcium: 142.16mg (14.22%), Folate: 56.84µg (14.21%), Vitamin B2: 0.24mg (13.9%), Phosphorus: 134mg (13.4%), Fiber: 3.08g (12.3%), Vitamin A: 574.24IU (11.48%), Vitamin B3: 2.16mg (10.78%), Magnesium: 42.03mg (10.51%), Copper: 0.19mg (9.74%), Selenium: 6.42µg (9.18%), Zinc: 1.01mg (6.75%), Vitamin B5: 0.47mg (4.73%), Vitamin B12: 0.13µg (2.19%)