



Stuffed zucchini with rice and mushroom

READY IN



45 min.

SERVINGS



4

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 150 g cheese grated
- 1 tablespoon flour
- 2 cloves garlic
- 400 g mushrooms
- 400 g mushrooms
- 1 tablespoon cooking oil
- 4 servings bell pepper
- 4 servings bell pepper
- 1 onion red

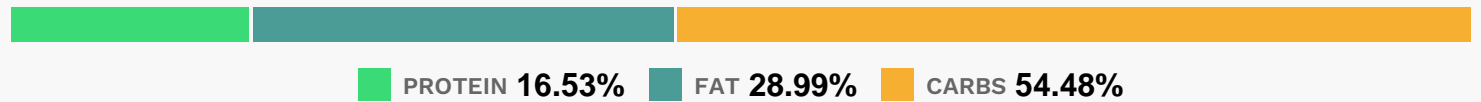
- 250 g rice
- 4 servings salt
- 1 cup tomato sauce
- 4 small zucchini fresh

Equipment

Directions

- Read the detailed instructions on myzucchinirecipes.com

Nutrition Facts



Properties

Glycemic Index:102.05, Glycemic Load:36.81, Inflammation Score:-10, Nutrition Score:41.855217391304%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 549.63kcal (27.48%), Fat: 18.4g (28.31%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 77.81g (25.94%), Net Carbohydrates: 69.22g (25.17%), Sugar: 16.73g (18.59%), Cholesterol: 37.5mg (12.5%), Sodium: 759.28mg (33.01%), Protein: 23.6g (47.21%), Vitamin C: 222.83mg (270.1%), Vitamin A: 5542.84IU (110.86%), Vitamin B2: 1.3mg (76.22%), Manganese: 1.29mg (64.64%), Selenium: 40.39µg (57.7%), Vitamin B3: 10.99mg (54.95%), Vitamin B6: 1.07mg (53.74%), Phosphorus: 528.04mg (52.8%), Copper: 0.96mg (48.11%), Vitamin B5: 4.74mg (47.36%), Potassium: 1589.24mg (45.41%), Folate: 157.95µg (39.49%), Fiber: 8.59g (34.36%), Calcium: 335.95mg (33.6%), Vitamin E: 4.37mg (29.12%), Zinc: 4.06mg (27.07%), Vitamin B1: 0.4mg (26.35%), Magnesium: 95.6mg (23.9%), Iron: 3.4mg (18.87%), Vitamin K: 17.69µg (16.85%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 0.63µg (4.17%)