



Stuffed Zucchini: Zucchini Ripieni

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



789 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 2 eggs
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 cloves garlic thinly sliced

- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 1 pound lamb crumbled
- ☐ 1 bunch mint leaves fresh whole
- ☐ 1 onion spanish chopped
- ☐ 1 medium onion spanish finely chopped
- ☐ 4 servings salt to taste
- ☐ 4 medium zucchini

Equipment

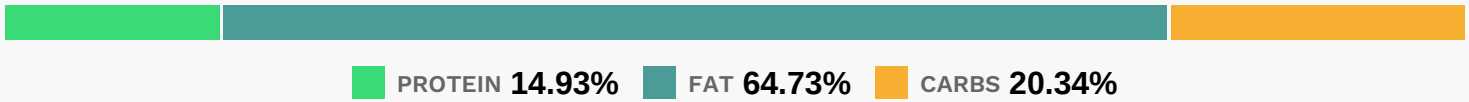
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ melon baller

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Trim the zucchini and cut in half lengthwise. Using a spoon or melon baller, remove the flesh making a canal down the center of each zucchini half, leaving 1/4-inch all around and the ends closed. Roughly chop the excess zucchini flesh and set aside.
- ☐ In a 10 to 12-inch saute pan, heat the olive oil until just smoking.
- ☐ Add the onion and garlic and cook over medium-high heat until softened, about 6 to 7 minutes.
- ☐ Add the zucchini pieces and crumbled lamb and cook until the lamb is cooked through, about 10 minutes.
- ☐ Drain the fat from the lamb mixture and place in a large mixing bowl.
- ☐ Add the eggs, half of the mint leaves and the tomato sauce and mix well. Season both the mixture and the zucchini boats with salt and pepper. Stuff the lamb mixture into the zucchini boats and pile it high.

- ☐ Place in an oven-proof baking dish just large enough to hold all the zucchini and sprinkle with bread crumbs.
- ☐ Bake for 20 to 25 minutes, until crisp on top, and remove.
- ☐ Serve warm or at room temperature and sprinkle with remaining mint leaves.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:55.21, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:41.638260613317%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg

Nutrients (% of daily need)

Calories: 788.53kcal (39.43%), Fat: 58.2g (89.54%), Saturated Fat: 16.5g (103.1%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 32.51g (11.82%), Sugar: 18.02g (20.02%), Cholesterol: 164.62mg (54.87%), Sodium: 983.81mg (42.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.41%), Vitamin C: 87.11mg (105.59%), Vitamin B3: 11.67mg (58.37%), Vitamin B6: 1.13mg (56.58%), Manganese: 1.09mg (54.45%), Vitamin A: 2542.55IU (50.85%), Vitamin B2: 0.85mg (49.93%), Vitamin E: 7.43mg (49.53%), Potassium: 1733.02mg (49.51%), Iron: 8.73mg (48.52%), Vitamin B12: 2.86µg (47.71%), Selenium: 33.4µg (47.71%), Phosphorus: 427.85mg (42.79%), Vitamin K: 42.86µg (40.82%), Zinc: 5.82mg (38.78%), Vitamin B1: 0.58mg (38.44%), Folate: 139.57µg (34.89%), Fiber: 8.63g (34.5%), Magnesium: 128.32mg (32.08%), Copper: 0.62mg (30.9%), Calcium: 259.68mg (25.97%), Vitamin B5: 2.17mg (21.66%), Vitamin D: 0.55µg (3.69%)