



Tomato Zucchini Casserole

READY IN



75 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup bread crumbs fine
- 0.3 cup butter
- 1.5 cups cheddar cheese grated
- 0.5 teaspoon basil dried
- 2 cloves garlic minced
- 2 tablespoons onion finely chopped
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 5 plum tomatoes thinly sliced

- 4 servings salt and pepper to taste
- 2 medium zucchinis thinly sliced

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly butter a 9x9-inch pan.
- In a large bowl, combine Cheddar, Parmesan, oregano, basil, and garlic. Season with salt and pepper, and set aside.
- Arrange half of the zucchini slices in the pan.
- Sprinkle 1/4 of the cheese and herb mixture on top. Arrange half of the tomatoes, and top with another 1/4 of the cheese mixture. Repeat layers.
- Melt butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in breadcrumbs; cook until they have absorbed the butter.
- Sprinkle on top of casserole.
- Cover loosely with foil, and bake in a preheated oven for 25 minutes.
- Remove foil, and bake until the top is crusty and the vegetables are tender, about 20 minutes.

Nutrition Facts



PROTEIN 15.92% **FAT 61.99%** **CARBS 22.09%**

Properties

Glycemic Index:48, Glycemic Load:1.63, Inflammation Score:-9, Nutrition Score:18.026521630909%

Flavonoids

Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.11mg, Kaempferol: 0.11mg,

Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg
Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 425.48kcal (21.27%), Fat: 29.82g (45.87%), Saturated Fat: 17.08g (106.74%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 20.82g (7.57%), Sugar: 6.14g (6.82%), Cholesterol: 80.13mg (26.71%), Sodium: 868.54mg (37.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.47%), Calcium: 447.93mg (44.79%), Vitamin C: 29mg (35.16%), Phosphorus: 344.03mg (34.4%), Vitamin A: 1698.22IU (33.96%), Selenium: 20.6µg (29.43%), Manganese: 0.52mg (25.8%), Vitamin B2: 0.41mg (24.4%), Vitamin B1: 0.29mg (19.31%), Zinc: 2.71mg (18.06%), Folate: 68.61µg (17.15%), Vitamin K: 17.57µg (16.73%), Potassium: 550.3mg (15.72%), Vitamin B6: 0.31mg (15.58%), Magnesium: 51.96mg (12.99%), Fiber: 3.09g (12.36%), Vitamin B3: 2.31mg (11.57%), Vitamin B12: 0.66µg (10.94%), Iron: 1.9mg (10.56%), Copper: 0.18mg (8.87%), Vitamin E: 1.3mg (8.69%), Vitamin B5: 0.62mg (6.17%), Vitamin D: 0.3µg (1.97%)