



Zucchini-and-Feta Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups rice long-grain hot cooked
- ☐ 3 large eggs lightly beaten
- ☐ 4 ounces feta cheese divided crumbled
- ☐ 1 Dash ground nutmeg
- ☐ 1 teaspoon mint flakes dried
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 cups zucchini sliced () (1 1/2 pounds)

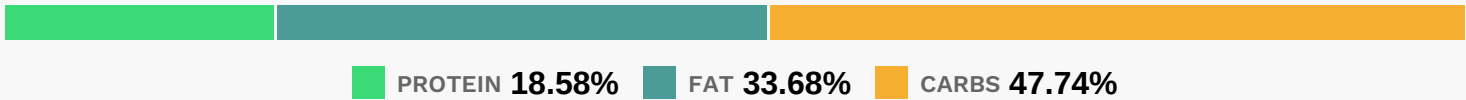
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 37
- ☐ Combine rice and 1/2 cup feta cheese in a bowl, and press into a 10-inch quiche dish or pie plate coated with cooking spray. Steam zucchini slices, covered, for 5 minutes. Press zucchini gently between paper towels until barely moist.
- ☐ Combine zucchini, 1/2 cup feta cheese, salt, and pepper in a medium bowl, and arrange zucchini mixture evenly over rice.
- ☐ Combine mint flakes, nutmeg, and eggs, and stir well with a whisk.
- ☐ Pour over zucchini mixture.
- ☐ Bake at 375 for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:15.32, Inflammation Score:-3, Nutrition Score:7.5613043722899%

Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 140.02kcal (7%), Fat: 5.22g (8.03%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 16.64g (5.55%), Net Carbohydrates: 15.77g (5.73%), Sugar: 1.68g (1.87%), Cholesterol: 82.37mg (27.46%), Sodium: 339.25mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Manganese: 0.37mg (18.36%), Selenium: 11.71µg (16.73%), Vitamin B2: 0.27mg (15.94%), Vitamin C: 11.1mg (13.46%), Phosphorus: 130.17mg (13.02%), Vitamin B6: 0.24mg (12.04%), Calcium: 96.63mg (9.66%), Folate: 30.14µg (7.54%), Vitamin B5: 0.74mg (7.45%), Zinc: 1.1mg

(7.3%), Vitamin B12: 0.41µg (6.77%), Potassium: 215.85mg (6.17%), Vitamin A: 291.98IU (5.84%), Magnesium: 22.69mg (5.67%), Vitamin B1: 0.07mg (4.52%), Iron: 0.81mg (4.51%), Copper: 0.09mg (4.39%), Fiber: 0.87g (3.48%), Vitamin B3: 0.64mg (3.19%), Vitamin K: 3.03µg (2.88%), Vitamin D: 0.43µg (2.88%), Vitamin E: 0.32mg (2.11%)