



Zucchini and Rice Casserole

READY IN



80 min.

SERVINGS



10

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup bread crumbs
- 2 tablespoons butter melted
- 2 eggs beaten
- 0.5 cup parmesan cheese grated
- 10 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 0.3 cup vegetable oil
- 1.5 cups water
- 0.5 cup rice white uncooked

2 pounds zucchini

Equipment

oven

baking pan

broiler

dutch oven

Directions

Bring water to boil, add rice. When water returns to a boil, reduce temperature to a low. Cover rice and cook until rice is tender.

Preheat oven's broiler. Grease a 9x13 inch baking dish.

Cut ends from zucchini and steam until tender. Reserve 2 zucchini for garnish, then dice remaining zucchini.

Combine butter and oil in a Dutch oven and heat until butter is melted.

Add rice and diced zucchini, then saute until golden, stirring frequently. Stir in the cheeses until melted and add salt and pepper to taste.

Let cool slightly, then stir in eggs quickly.

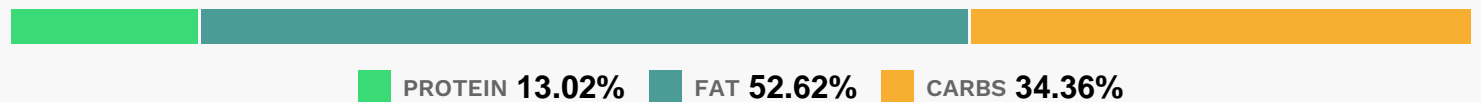
Pour into a prepared baking dish and sprinkle generously with bread crumbs.

Slice reserved zucchini and arrange around the diced mixture.

Drizzle melted butter over top.

Broil about 6 inches from the source of heat until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:15.32, Glycemic Load:4.78, Inflammation Score:-4, Nutrition Score:9.0582608710165%

Flavonoids

Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 216.78kcal (10.84%), Fat: 12.8g (19.7%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 17.3g (6.29%), Sugar: 3.01g (3.34%), Cholesterol: 48.76mg (16.25%), Sodium: 437.29mg (19.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin C: 16.24mg (19.68%), Manganese: 0.37mg (18.41%), Selenium: 10.38µg (14.83%), Vitamin K: 15.09µg (14.37%), Phosphorus: 138.6mg (13.86%), Calcium: 127.8mg (12.78%), Vitamin B2: 0.22mg (12.75%), Vitamin B1: 0.16mg (10.56%), Vitamin B6: 0.2mg (9.96%), Folate: 39.77µg (9.94%), Potassium: 294.99mg (8.43%), Vitamin A: 398.79IU (7.98%), Zinc: 1.09mg (7.28%), Magnesium: 28.03mg (7.01%), Vitamin B3: 1.29mg (6.44%), Iron: 1.12mg (6.22%), Fiber: 1.51g (6.05%), Copper: 0.11mg (5.6%), Vitamin E: 0.8mg (5.32%), Vitamin B5: 0.52mg (5.16%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.23µg (1.57%)