



Zucchini and Ricotta Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.3 cup mint leaves fresh packed finely chopped
- ☐ 4 cloves garlic crushed
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt to taste
- ☐ 0.3 teaspoon paprika smoked
- ☐ 3 large zucchini cut into bite-size pieces

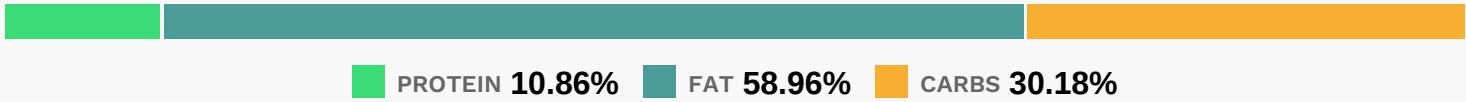
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Mix zucchini, garlic, mint, olive oil, smoked paprika, and salt in a large bowl until zucchini is evenly coated; transfer to a baking dish.
- ☐ Drop dollops of ricotta cheese atop zucchini mixture. Season with cayenne pepper.
- ☐ Bake in the preheated oven until zucchini is tender and cheese is browned, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:7.6878261721652%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 73.29kcal (3.66%), Fat: 5.22g (8.04%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.18g (1.52%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 207.79mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Vitamin C: 30.14mg (36.54%), Manganese: 0.34mg (17.18%), Vitamin B6: 0.29mg (14.63%), Potassium: 442.53mg (12.64%), Folate: 41.02µg (10.25%), Vitamin B2: 0.16mg (9.42%), Vitamin K: 9.87µg (9.4%), Vitamin A: 450.81IU (9.02%), Magnesium: 31.25mg (7.81%), Fiber: 1.84g (7.36%), Phosphorus: 66.11mg (6.61%), Vitamin E: 0.9mg (5.98%), Vitamin B1: 0.08mg (5.24%), Copper: 0.1mg (4.93%), Iron: 0.77mg (4.3%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.57mg (3.77%), Vitamin B5: 0.35mg (3.5%), Calcium: 34.4mg (3.44%)