



Zucchini and Ricotta Casserole



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



145 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
- ☐ 1 cup ricotta cheese or as needed
- ☐ 6 servings salt to taste
- ☐ 0.3 teaspoon paprika smoked
- ☐ 3 large zucchini cut into bite-size pieces

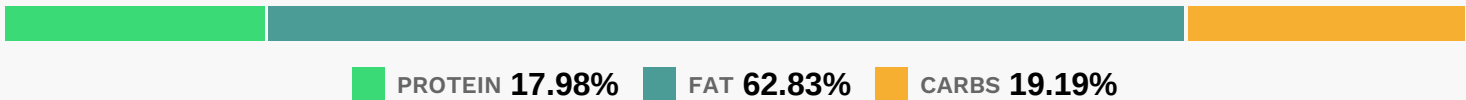
Equipment

- ☐ 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:19.83, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:9.699130434057%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, 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, 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: 145.21kcal (7.26%), Fat: 10.59g (16.29%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 5.43g (1.98%), Sugar: 4.18g (4.64%), Cholesterol: 21.08mg (7.03%), Sodium: 242.51mg (10.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin C: 30.14mg (36.54%), Manganese: 0.35mg (17.3%), Vitamin B6: 0.31mg (15.52%), Vitamin B2: 0.24mg (14.16%), Potassium: 485.93mg (13.88%), Phosphorus: 131.42mg (13.14%), Vitamin A: 634.74IU (12.69%), Calcium: 119.96mg (12%), Folate: 45.98µg (11.49%), Vitamin K: 10.32µg (9.83%), Selenium: 6.61µg (9.44%), Magnesium: 35.8mg (8.95%), Fiber: 1.84g (7.36%), Zinc: 1.04mg (6.97%), Vitamin E: 0.94mg (6.28%), Vitamin B1: 0.08mg (5.59%), Copper: 0.11mg (5.36%), Iron: 0.93mg (5.17%), Vitamin B5: 0.44mg (4.38%), Vitamin B3: 0.83mg (4.14%), Vitamin B12: 0.14µg (2.34%)