



Zucchini and Tomato Skillet Dinner

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon vegetable oil
- 0.3 cup onion chopped
- 2 cups zucchini
- 15 oz all natural tomato soup 30% with less sodium ready-to-serve canned
- 0.5 cup water
- 1 teaspoon hot sauce red
- 1 cup quick-cooking brown rice instant uncooked
- 0.8 cup tomatoes chopped

0.3 cup mozzarella cheese shredded

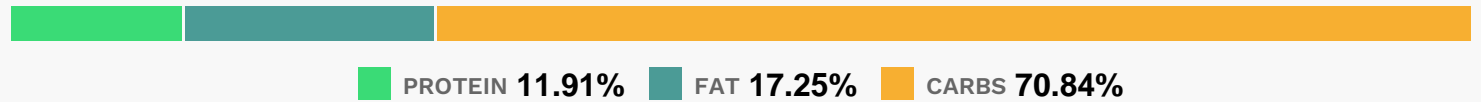
Equipment

frying pan

Directions

- In 10-inch nonstick skillet, heat oil over medium heat. Cook onion in oil, stirring occasionally, until tender. Stir in zucchini. Cook 4 to 6 minutes, stirring occasionally, until crisp-tender.
- Remove from heat.
- Carefully stir in soup, water, pepper sauce and rice.
- Heat to boiling; reduce heat to low. Cover and cook 13 to 15 minutes or until rice is tender.
- Stir in tomato.
- Sprinkle with cheese. Cover and cook about 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:12.58, Inflammation Score:-9, Nutrition Score:24.933478231015%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 421.64kcal (21.08%), Fat: 8.3g (12.78%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 76.72g (25.57%), Net Carbohydrates: 71.2g (25.89%), Sugar: 23.44g (26.04%), Cholesterol: 14.75mg (4.92%), Sodium: 992.52mg (43.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Vitamin C: 60.75mg (73.63%), Manganese: 1.04mg (52.06%), Potassium: 1718.61mg (49.1%), Folate: 162.88µg (40.72%), Vitamin B1: 0.58mg (38.84%), Selenium: 25.93µg (37.04%), Vitamin A: 1676.87IU (33.54%), Vitamin B3: 5.78mg (28.92%), Iron: 4.72mg (26.23%), Vitamin B6: 0.52mg (26.21%), Phosphorus: 251.22mg (25.12%), Fiber: 5.53g (22.1%), Vitamin K: 21.31µg (20.3%), Magnesium: 71.34mg (17.84%), Calcium: 164.86mg (16.49%), Copper: 0.3mg (15.18%), Zinc: 2.09mg

(13.92%), Vitamin B2: 0.23mg (13.69%), Vitamin E: 1.42mg (9.45%), Vitamin B12: 0.43µg (7.09%), Vitamin B5:
0.55mg (5.5%)