



Zucchini Appetizer

READY IN



30 min.

SERVINGS



5

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baking mix
- 1 cup baking mix
- 2 tablespoons parsley dried
- 1 eggs
- 2 cloves garlic chopped
- 1 pinch pepper black
- 0.5 cup pecorino cheese grated
- 0.3 teaspoon salt
- 0.5 cup vegetable oil

3 cups zucchini sliced

Equipment

frying pan

oven

mixing bowl

Directions

Preheat oven to 350 degrees F (175 degrees C).

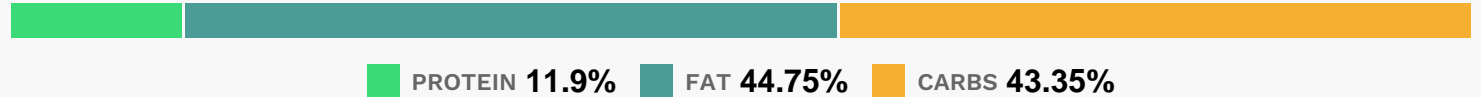
In a mixing bowl, stir together the baking mix, vegetable oil, dried parsley, pepper, garlic, egg, Romano cheese, salt and zucchini.

Pour the mixture into a lightly greased 8x12 inch pan.

Bake 20 minutes, or until golden brown.

Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:13.040869640267%

Flavonoids

Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg, Isorhamnetin: 2.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 312.09kcal (15.6%), Fat: 15.57g (23.96%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 31.94g (11.62%), Sugar: 7.63g (8.48%), Cholesterol: 44.1mg (14.7%), Sodium: 871.03mg (37.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Phosphorus: 407.85mg (40.79%), Vitamin K: 25.51µg (24.3%), Vitamin B2: 0.38mg (22.2%), Calcium: 220.6mg (22.06%), Vitamin B1: 0.32mg (21.38%), Folate: 84.17µg (21.04%), Manganese: 0.4mg (20.04%), Vitamin C: 14.84mg (17.98%), Vitamin B3: 2.62mg (13.09%), Selenium: 8.18µg (11.69%), Iron: 2.04mg (11.31%), Vitamin B6: 0.2mg (10.17%), Potassium: 319.73mg (9.14%),

Magnesium: 34.09mg (8.52%), Fiber: 2g (7.98%), Vitamin B5: 0.77mg (7.69%), Copper: 0.13mg (6.64%), Zinc: 0.96mg (6.37%), Vitamin B12: 0.38µg (6.29%), Vitamin A: 255.47IU (5.11%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.23µg (1.51%)