

Zucchini Appetizers

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

318 kcal

SIDE DISH

Ingredients

- ☐ 4 eggs slightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon oregano leaves dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon lawry's seasoned salt

- ☐ 0.5 cup vegetable oil
- ☐ 3 cups zucchini unpeeled thinly sliced
- ☐ 1 cup mix original bisquick®

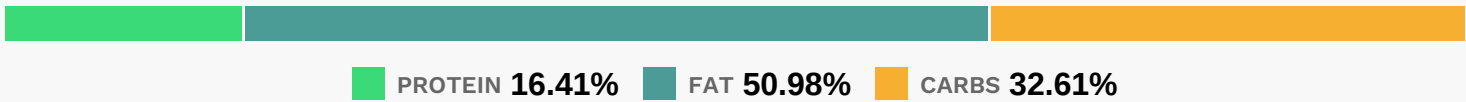
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350 degrees F. Grease bottom and sides of rectangular pan, 13x9x2 inches.
- ☐ Stir together all ingredients.
- ☐ Spread in pan.
- ☐ Bake about 25 minutes or until golden brown.
- ☐ Cut into 2-inch squares; cut squares diagonally in half into triangles.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:16.545652202938%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 317.96kcal (15.9%), Fat: 18.09g (27.84%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 24.04g (8.74%), Sugar: 6.86g (7.63%), Cholesterol: 175.15mg (58.38%), Sodium: 1254.91mg (54.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.21%), Vitamin K: 49.39µg (47.04%), Phosphorus: 385.45mg (38.55%), Selenium: 20.53µg (29.33%), Vitamin B2: 0.47mg (27.71%), Vitamin C: 21.12mg (25.6%), Folate: 88.16µg (22.04%), Calcium: 213.32mg (21.33%), Manganese: 0.34mg (17.06%), Vitamin B1: 0.25mg

(16.52%), Vitamin B6: 0.29mg (14.74%), Vitamin A: 703.22IU (14.06%), Iron: 2.2mg (12.24%), Vitamin B5: 1.21mg (12.08%), Potassium: 419.78mg (11.99%), Vitamin B12: 0.68µg (11.29%), Zinc: 1.65mg (11.02%), Vitamin B3: 1.88mg (9.4%), Magnesium: 37.25mg (9.31%), Fiber: 2g (8.01%), Vitamin E: 1.14mg (7.62%), Copper: 0.15mg (7.33%), Vitamin D: 0.94µg (6.28%)