

## Zucchini Bake

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**91 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 teaspoon basil dried
- 0.3 cup egg substitute
- 0.9 teaspoon pepper black
- 0.3 cup mozzarella cheese shredded low-fat
- 0.5 cup onion chopped
- 1.3 cups rolled oats
- 0.3 cup tomato sauce
- 1 tablespoon vegetable oil

3 cups zucchini grated

## Equipment

frying pan

oven

mixing bowl

baking pan

glass baking pan

## Directions

Preheat oven to 375 degrees F (190 degrees C).

Coat an 8x12 inch glass baking dish with vegetable cooking spray.

In a medium size frying pan saute onion in oil until tender.

In a medium size mixing bowl combine onion, zucchini, oats, mozzarella cheese, egg, basil or oregano, and pepper.

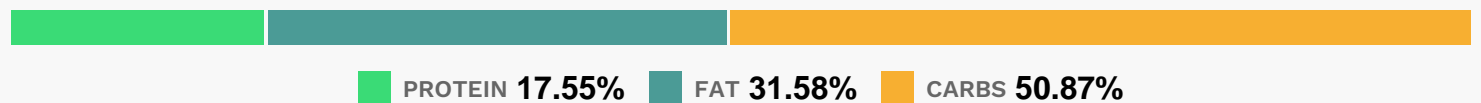
Mix well.

Spread mixture into the greased 8x12 inch baking pan.

Spread tomato sauce evenly over the top.

Bake in the preheated oven for 30 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:19.88, Glycemic Load:3.47, Inflammation Score:-4, Nutrition Score:6.6730434816817%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 90.66kcal (4.53%), Fat: 3.29g (5.06%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 9.77g (3.55%), Sugar: 2.27g (2.52%), Cholesterol: 2.26mg (0.75%), Sodium: 90.14mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Manganese: 0.6mg (30.04%), Vitamin C: 9.82mg (11.9%), Selenium: 7.48µg (10.69%), Phosphorus: 97.54mg (9.75%), Fiber: 2.15g (8.59%), Magnesium: 31.14mg (7.78%), Vitamin K: 7.21µg (6.86%), Potassium: 235.64mg (6.73%), Vitamin B2: 0.11mg (6.68%), Vitamin B1: 0.1mg (6.41%), Vitamin B6: 0.12mg (6.22%), Iron: 1.06mg (5.91%), Zinc: 0.83mg (5.52%), Calcium: 53.22mg (5.32%), Folate: 19.78µg (4.95%), Copper: 0.1mg (4.83%), Vitamin B5: 0.41mg (4.11%), Vitamin E: 0.53mg (3.53%), Vitamin A: 172.92IU (3.46%), Vitamin B3: 0.48mg (2.42%)