



 7%
HEALTH SCORE

Zucchini Beef Bake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups water
- 4 cups zucchini sliced
- 1 pound ground beef
- 1 large onion chopped
- 1 garlic clove minced
- 2 cups rice cooked
- 2 cups rice cooked
- 2 cups rice cooked

- 8 ounces tomato sauce canned
- 1 cup curd cottage cheese 4%
- 1 large eggs lightly beaten
- 1.5 teaspoons oregano dried fresh minced
- 1 teaspoon basil dried fresh minced
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- In a large saucepan, bring water to a boil.
- Add zucchini. Return to a boil. Reduce heat; cover and simmer for 3 minutes or just until tender.
- Drain and immediately place zucchini in ice water.
- Drain and pat dry.
- In a large skillet, cook beef and onion over medium heat until meat is no longer pink.
- Add garlic; cook 1 minute longer.
- Drain. Stir in the rice, tomato sauce, cottage cheese, egg, oregano, basil and salt.
- Arrange half of the zucchini in a greased 13x9-in. baking dish.
- Layer with meat mixture and remaining zucchini; sprinkle with cheddar cheese.
- Bake, uncovered, at 350° for 25–30 minutes or until bubbly and cheese is melted.

Nutrition Facts



■ PROTEIN 20.63% ■ FAT 40.36% ■ CARBS 39.01%

Properties

Glycemic Index:62.88, Glycemic Load:37.31, Inflammation Score:-7, Nutrition Score:16.179999942365%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 417.05kcal (20.85%), Fat: 18.52g (28.5%), Saturated Fat: 7.88g (49.26%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 38.23g (13.9%), Sugar: 4.21g (4.67%), Cholesterol: 82.09mg (27.36%), Sodium: 517.67mg (22.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Manganese: 0.77mg (38.53%), Selenium: 26.32µg (37.6%), Phosphorus: 297.47mg (29.75%), Zinc: 3.99mg (26.59%), Vitamin B12: 1.53µg (25.53%), Vitamin B6: 0.49mg (24.37%), Vitamin B2: 0.32mg (18.74%), Calcium: 180.29mg (18.03%), Vitamin C: 14.6mg (17.69%), Vitamin B3: 3.52mg (17.59%), Potassium: 524.3mg (14.98%), Vitamin B5: 1.29mg (12.91%), Magnesium: 51.58mg (12.9%), Iron: 2.29mg (12.7%), Copper: 0.24mg (12.03%), Folate: 38.86µg (9.71%), Vitamin A: 466.5IU (9.33%), Vitamin K: 9.39µg (8.95%), Fiber: 2.05g (8.21%), Vitamin B1: 0.11mg (7.11%), Vitamin E: 1.04mg (6.94%), Vitamin D: 0.29µg (1.95%)