



Zucchini Blossoms Stuffed with Tomatoes and Parmesan

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 16 baby zucchini with blossoms attached
- ☐ 1 cup breadcrumbs plain dry
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon pepper black
- ☐ 8 servings lemon wedges
- ☐ 8 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 large onion finely chopped
- ☐ 1 ounce parmesan cheese freshly grated
- ☐ 8 ounces plum tomatoes ripe seeded finely chopped
- ☐ 0.8 teaspoon salt

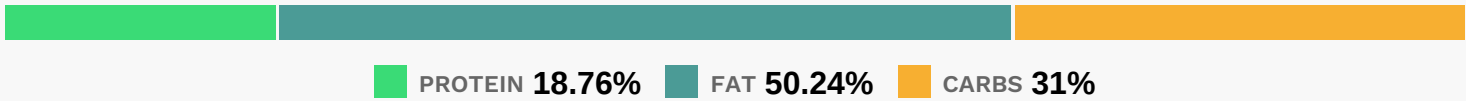
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Coat 15x10x2-inch oval baking dish with 1 tablespoon oil.
- ☐ Heat 5 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add onion and sauté until translucent, about 5 minutes.
- ☐ Add breadcrumbs and thyme and stir until breadcrumbs are lightly toasted, about 3 minutes.
- ☐ Transfer to large bowl.
- ☐ Mix in tomatoes, cheese, eggs, garlic, salt and pepper.
- ☐ Fill zucchini blossoms with breadcrumb mixture, using about 2 teaspoons for small blossoms and 1 tablespoon for large blossoms (be careful not to tear blossoms).
- ☐ Sprinkle any remaining breadcrumb mixture over baking dish.
- ☐ Place zucchini atop breadcrumbs in dish.
- ☐ Drizzle remaining 2 tablespoons oil over. (Can be made 8 hours ahead. Cover; chill.)
- ☐ Bake until zucchini are tender, about 30 minutes.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:27.132608735043%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 306.69kcal (15.33%), Fat: 18.56g (28.56%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 20.01g (7.28%), Sugar: 2.46g (2.73%), Cholesterol: 49.58mg (16.53%), Sodium: 410.98mg (17.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.19%), Vitamin C: 140.99mg (170.9%), Potassium: 1953.3mg (55.81%), Manganese: 0.99mg (49.28%), Vitamin A: 2297.65IU (45.95%), Phosphorus: 448.05mg (44.81%), Magnesium: 144.59mg (36.15%), Vitamin B6: 0.65mg (32.55%), Folate: 107.27µg (26.82%), Zinc: 3.87mg (25.77%), Iron: 4.35mg (24.17%), Fiber: 5.75g (23.01%), Copper: 0.46mg (22.82%), Vitamin B1: 0.32mg (21.46%), Vitamin B3: 3.88mg (19.41%), Vitamin B5: 1.77mg (17.73%), Vitamin B2: 0.28mg (16.48%), Calcium: 157.53mg (15.75%), Vitamin E: 2.34mg (15.57%), Selenium: 9.81µg (14.01%), Vitamin K: 11.84µg (11.28%), Vitamin B12: 0.21µg (3.44%), Vitamin D: 0.27µg (1.78%)