



Zucchini Boats with Ricotta-Basil Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup parsley fresh loosely packed finely chopped
- ☐ 1 cup basil fresh loosely packed finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 ounce parmesan fresh grated
- ☐ 8 ounces ricotta cheese homemade
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water hot

☐ 1.5 pounds zucchini

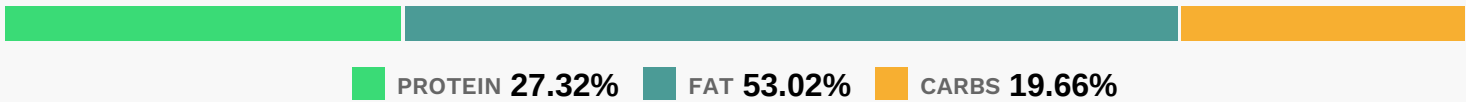
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Cut each zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell. Reserve pulp for another use. Arrange zucchini shells in a single layer in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine basil and next 7 ingredients (through pepper), stirring well with a whisk. Divide mixture evenly among shells, pressing gently.
- ☐ Bake at 450 for 20 minutes or until zucchini is tender.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:0.4, Inflammation Score:0, Nutrition Score:6.5526088307733%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 53.52kcal (2.68%), Fat: 3.28g (5.05%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.55g (1.72%), Cholesterol: 11.25mg (3.75%), Sodium: 108.33mg (4.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin K: 52.05µg (49.58%), Vitamin C: 14.32mg (17.36%), Vitamin A: 532.36IU (10.65%), Calcium: 83.52mg (8.35%), Phosphorus: 70.54mg (7.05%), Manganese: 0.13mg (6.73%), Vitamin B2: 0.1mg (6.01%), Potassium: 191.6mg (5.47%), Vitamin B6: 0.11mg (5.44%), Folate: 21.46µg (5.36%), Selenium: 3.4µg (4.85%), Magnesium: 16.03mg (4.01%), Zinc: 0.51mg (3.4%), Iron: 0.52mg (2.92%), Fiber: 0.7g (2.78%), Copper: 0.05mg (2.37%), Vitamin B1: 0.03mg (2.14%), Vitamin B5: 0.18mg (1.83%), Vitamin B3: 0.33mg (1.67%), Vitamin B12: 0.09µg (1.54%)