



Zucchini Brunch Bake

READY IN



40 min.

SERVINGS



6

CALORIES



353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 1 cup baking mix
- 1 cup baking mix
- 1 teaspoon parsley dried
- 4 eggs
- 0.5 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 0.3 cup onion grated
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated

- 0.3 teaspoon salt
- 0.5 teaspoon lawry's seasoned salt
- 0.3 cup vegetable oil
- 2 zucchini thinly sliced

Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking pan.
- In a large bowl, combine baking mix, cheese, garlic powder, seasoning salt, oregano, salt, pepper and parsley. Stir in onion, eggs and oil; stir well. Stir in zucchini.
- Pour batter into prepared pan.
- Bake in preheated oven for 25 to 30, until a toothpick inserted into center of the loaf comes out clean.

Nutrition Facts



PROTEIN 10.22% **FAT 56.99%** **CARBS 32.79%**

Properties

Glycemic Index:14, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:12.757391183273%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 353.05kcal (17.65%), Fat: 22.46g (34.55%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 27.34g (9.94%), Sugar: 6.7g (7.45%), Cholesterol: 113.54mg (37.85%), Sodium: 921.43mg (40.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.13%), Phosphorus: 346.74mg (34.67%), Vitamin K: 29.27µg (27.87%), Vitamin B2: 0.39mg (22.84%), Folate: 81.54µg (20.39%), Selenium: 13.7µg (19.57%), Vitamin B1: 0.28mg (18.46%), Vitamin C: 12.34mg (14.95%), Manganese: 0.3mg (14.79%), Calcium: 140.45mg (14.04%), Iron: 1.99mg (11.04%), Vitamin B3: 2.16mg (10.78%), Vitamin B6: 0.2mg (10.22%), Vitamin E: 1.49mg (9.91%), Vitamin B5: 0.96mg (9.63%), Potassium: 300.3mg (8.58%), Vitamin B12: 0.47µg (7.89%), Magnesium: 28.26mg (7.07%), Fiber: 1.73g (6.9%), Zinc: 1.03mg (6.89%), Vitamin A: 330.46IU (6.61%), Copper: 0.13mg (6.27%), Vitamin D: 0.61µg (4.05%)