



Zucchini Casserole from Bob Evans®

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 1 bell pepper diced green
- ☐ 4 ounces mushrooms sliced
- ☐ 1 onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound savory sage roll sausage bob evans®
- ☐ 8 ounces provolone cheese sliced
- ☐ 4 small zucchini cut into 1/2-inch slices

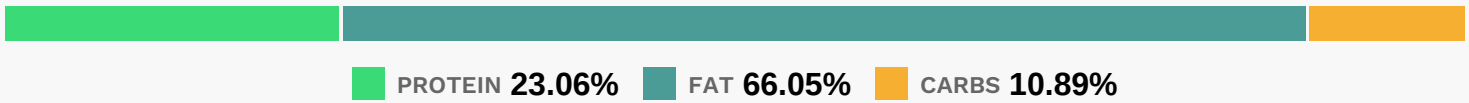
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 F. In large skillet over medium heat, crumble and cook sausage until cooked. Set aside. In same skillet saute zucchini, onion, green pepper and mushrooms until crisp-tender.
- ☐ Combine vegetables with sausage. Stir in pepper. In 9 square baking dish place sausage mixture. Top with tomatoes.
- ☐ Lay sliced provolone over tomatoes.
- ☐ Bake for 25 to 35 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:18.720434935197%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 412.7kcal (20.64%), Fat: 30.67g (47.18%), Saturated Fat: 13.24g (82.72%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 8.48g (3.08%), Sugar: 6.72g (7.46%), Cholesterol: 80.51mg (26.84%), Sodium: 851.51mg (37.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.17%), Vitamin C: 38.4mg (46.54%), Phosphorus: 366.27mg (36.63%), Calcium: 334.78mg (33.48%), Vitamin B6: 0.57mg (28.64%), Vitamin B3: 5.58mg (27.89%), Vitamin B2: 0.41mg (24.03%), Zinc: 3.45mg (22.99%), Vitamin B1: 0.34mg (22.35%), Potassium: 761.47mg (21.76%), Vitamin B12: 1.2µg (20.03%), Manganese: 0.34mg (16.76%), Vitamin A: 763.09IU (15.26%), Copper: 0.3mg (15.2%), Vitamin B5: 1.36mg (13.58%), Magnesium: 54.22mg (13.55%), Iron: 2.4mg (13.31%), Fiber: 2.9g (11.61%),

Selenium: 7.89µg (11.27%), Folate: 40.71µg (10.18%), Vitamin K: 9.7µg (9.24%), Vitamin E: 1.23mg (8.21%), Vitamin D: 1.21µg (8.06%)