



 **63%**
HEALTH SCORE

Zucchini Casserole with Red-Pepper Aioli

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 36 ounces bread italian toasted cut ()
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 15.8 ounce fat-skimmed beef broth fat-free canned
- 3 garlic minced
- 29 ounce no salt added diced tomatoes diced undrained canned
- 2 teaspoons olive oil

- 3 cups onion sliced
- 8 ounces part-skim mozzarella cheese shredded
- 0.3 cup bell pepper
- 3 cups zucchini halved lengthwise thinly sliced

Equipment

- bowl
- frying pan
- oven
- casserole dish
- colander

Directions

- Preheat oven to 37
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 15 minutes or until golden brown.
- Cut 2 bread slices into 1-inch cubes; set aside.
- Drain tomatoes in a colander over a bowl, reserving 1/2 cup liquid; discard remaining liquid.
- Place tomatoes in a medium bowl. Stir in basil, thyme, pepper, and garlic.
- Place 1/2 cup onion in the bottom of a 3-quart casserole dish coated with cooking spray. Arrange 2 bread slices, half of the remaining onion, half of the tomato mixture, half of the zucchini, and half of the cheese over onion in dish. Repeat layer; top with bread cubes.
- Pour 1/2 cup reserved tomato liquid and broth over casserole. Cover and bake at 375 for 30 minutes. Uncover casserole and bake an additional 25 minutes or until top begins to brown.
- Spoon 2 cups casserole into each of 4 shallow bowls; top each serving with 1 tablespoon Red-Pepper Aioli.
- Totals include Red-Pepper Aioli.

Nutrition Facts



■ PROTEIN 18.72% ■ FAT 21.54% ■ CARBS 59.74%

Properties

Glycemic Index:48.67, Glycemic Load:68.22, Inflammation Score:0, Nutrition Score:50.796956762024%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg

Nutrients (% of daily need)

Calories: 970.73kcal (48.54%), Fat: 23.52g (36.18%), Saturated Fat: 7.97g (49.81%), Carbohydrates: 146.77g (48.92%), Net Carbohydrates: 131.17g (47.7%), Sugar: 28.15g (31.28%), Cholesterol: 36.29mg (12.1%), Sodium: 2048.13mg (89.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46g (91.99%), Manganese: 3.62mg (181.15%), Selenium: 85.44µg (122.05%), Calcium: 883.44mg (88.34%), Vitamin B3: 17.09mg (85.44%), Vitamin B1: 1.27mg (84.44%), Folate: 289.76µg (72.44%), Phosphorus: 719.78mg (71.98%), Vitamin C: 57.84mg (70.11%), Iron: 12.42mg (69.02%), Vitamin B2: 1.08mg (63.75%), Fiber: 15.6g (62.4%), Vitamin B6: 0.92mg (46%), Magnesium: 173.17mg (43.29%), Potassium: 1279.86mg (36.57%), Zinc: 5.1mg (33.98%), Copper: 0.66mg (33.23%), Vitamin B5: 2.9mg (28.97%), Vitamin K: 30.04µg (28.61%), Vitamin A: 1004.84IU (20.1%), Vitamin E: 2.56mg (17.06%), Vitamin B12: 0.69µg (11.47%), Vitamin D: 0.17µg (1.13%)