



Zucchini Casserole with Red-Pepper Aioli

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



1695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 36 ounces bread crumbs 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 clove 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 **9.2%**  FAT **53.68%**  CARBS **37.12%**

Properties

Glycemic Index:34, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:32.195217334706%

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: 1695.35kcal (84.77%), Fat: 102.03g (156.96%), Saturated Fat: 55.18g (344.87%), Carbohydrates: 158.76g (52.92%), Net Carbohydrates: 144.44g (52.52%), Sugar: 92.37g (102.64%), Cholesterol: 36.29mg (12.1%), Sodium: 1787.89mg (77.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.36g (78.72%), Vitamin B3: 14.31mg (71.53%), Vitamin C: 57.33mg (69.49%), Folate: 233.63µg (58.41%), Fiber: 14.32g (57.29%), Calcium: 564.51mg (56.45%), Phosphorus: 485.05mg (48.5%), Iron: 8.6mg (47.76%), Potassium: 1473.77mg (42.11%), Vitamin B2: 0.67mg (39.43%), Vitamin B1: 0.58mg (38.34%), Vitamin B6: 0.64mg (31.84%), Manganese: 0.58mg (29.08%), Magnesium: 111.94mg (27.98%), Vitamin A: 999.74IU (19.99%), Zinc: 2.95mg (19.7%), Selenium: 11.96µg (17.08%), Vitamin K: 17.54µg (16.7%), Copper: 0.29mg (14.35%), Vitamin E: 2.07mg (13.82%), Vitamin B12: 0.69µg (11.47%), Vitamin B5: 0.8mg (8.04%), Vitamin D: 0.17µg (1.13%)