

Zucchini-Cheese Appetizer Squares

READY IN

ready

55 min.

SERVINGS

servings

100

CALORIES

calories

28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bread crumbs dried
- ☐ 0.5 teaspoon basil dried
- ☐ 6 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sesame seed
- ☐ 3 cups cheddar cheese shredded
- ☐ 0.5 cup vegetable oil
- ☐ 2.5 cups zucchini grated

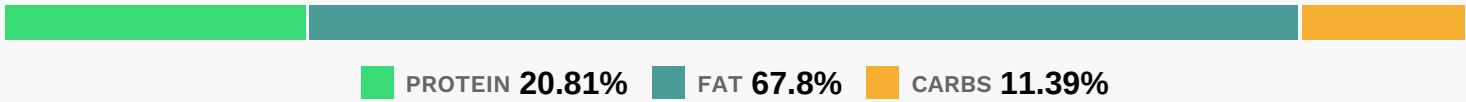
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch pan and sprinkle with 3 tablespoons of Parmesan cheese.
- ☐ Place 1/2 tablespoon vegetable oil in a medium size frying pan, heat on medium-high.
- ☐ Add sesame seeds and stir constantly until seeds are lightly browned.
- ☐ In a large mixing bowl, combine vegetable oil, onion, garlic, zucchini, eggs, bread crumbs, salt, basil, oregano, pepper and Cheddar cheese; stir until well combined. Press mixture into prepared baking pan.
- ☐ Sprinkle Parmesan cheese and sesame seeds over the zucchini mixture.
- ☐ Bake 30 minutes or until set when lightly touched in the center.
- ☐ Let cool at least 15 minutes before cutting into 1 inch squares.

Nutrition Facts



Properties

Glycemic Index:1.71, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.2939130326976%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 28kcal (1.4%), Fat: 2.14g (3.29%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.65g (0.23%), Sugar: 0.17g (0.19%), Cholesterol: 13.56mg (4.52%), Sodium: 47.57mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Calcium: 38.06mg (3.81%), Selenium: 2.28µg (3.25%), Phosphorus: 30.18mg (3.02%), Vitamin B2: 0.04mg (2.06%), Copper: 0.04mg (1.86%), Zinc: 0.25mg (1.68%), Manganese: 0.03mg (1.61%), Magnesium: 4.91mg (1.23%), Vitamin A: 58.21IU (1.16%), Iron: 0.2mg (1.13%), Vitamin B12: 0.07µg (1.1%), Folate: 4.08µg (1.02%), Vitamin B6: 0.02mg (1.02%)