



## Zucchini Cornbread Casserole

READY IN



75 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8.5 ounce corn muffin mix dry
- 2 eggs beaten
- 0.3 teaspoon pepper black
- 1 onion chopped
- 0.5 teaspoon salt
- 8 ounces cheddar cheese shredded
- 4 cups zucchini shredded

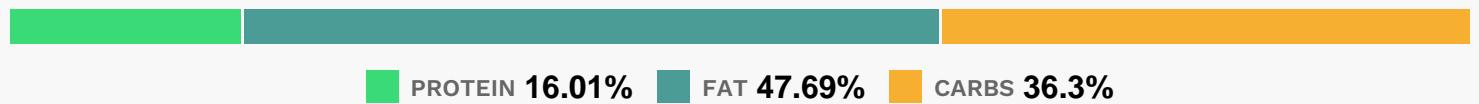
### Equipment

- bowl
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- In a large bowl mix together the zucchini, onion, eggs, muffin mix, salt and pepper. Stir in 4 ounces of the cheese.
- Spread this mixture into a greased 2 quart casserole dish; top with remaining 4 ounces of cheese.
- Bake in a preheated oven for 60 minutes.

## Nutrition Facts



## Properties

Glycemic Index:12.63, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:10.590869561486%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 273.5kcal (13.68%), Fat: 14.57g (22.42%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 22.13g (8.05%), Sugar: 8.39g (9.33%), Cholesterol: 69.87mg (23.29%), Sodium: 597.98mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Phosphorus: 326.56mg (32.66%), Calcium: 237.21mg (23.72%), Selenium: 13.28µg (18.98%), Vitamin B2: 0.32mg (18.78%), Vitamin C: 12.15mg (14.72%), Folate: 56.64µg (14.16%), Manganese: 0.24mg (11.83%), Vitamin B1: 0.18mg (11.7%), Fiber: 2.83g (11.31%), Zinc: 1.58mg (10.51%), Vitamin A: 502.72IU (10.05%), Vitamin B6: 0.19mg (9.73%), Potassium: 253.8mg (7.25%), Magnesium: 28.85mg (7.21%), Vitamin B12: 0.43µg (7.09%), Iron: 1.26mg (6.98%), Vitamin B3: 1.33mg (6.63%), Vitamin B5: 0.57mg (5.75%), Vitamin K: 5.04µg (4.8%), Copper: 0.08mg (4.1%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.39µg (2.6%)