

Zucchini Creme Bars

 Vegetarian

READY IN



135 min.

SERVINGS



15

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter soft
- 1 tablespoon butter
- 2 eggs
- 2 cups evaporated milk
- 0.3 cup flour all-purpose
- 2 teaspoons vanilla extract
- 3 zucchini sliced

Equipment

- bowl
- oven
- pot
- blender
- baking pan
- colander

Directions

- Bring a pot of water to a boil over medium heat, and cook the zucchini until tender, about 5 minutes.
- Drain the zucchini in a colander set in the sink, and set aside to cool.
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Combine 1 cup of flour, 1/2 cup of sugar, and 1/2 cup of very soft butter in a bowl until crumbly and well combined. Press the mixture into the bottom of the prepared baking dish.
- Measure out 3 cups of cooked zucchini, and place into a blender.
- Pour in the evaporated milk and eggs, and add 1 1/2 cups of sugar, 1/4 cup of flour, 1 tablespoon of butter, and the vanilla extract to the zucchini. Pulse the blender several times to combine the ingredients, and then blend until the filling mixture is pureed, about 1 minute.
- Pour the mixture over the crust.
- Combine 1 tablespoon of sugar with the cinnamon in a small bowl, and sprinkle over the filling.
- Bake in the preheated oven until the middle of the dessert is set, about 45 minutes.
- Let cool, and chill in refrigerator before slicing.

Nutrition Facts

 PROTEIN 11.52%  FAT 69.34%  CARBS 19.14%

Properties

Glycemic Index:12.67, Glycemic Load:1.28, Inflammation Score:-3, Nutrition Score:4.4886956888696%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 130.48kcal (6.52%), Fat: 10.14g (15.6%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.45g (4.95%), Cholesterol: 49.84mg (16.61%), Sodium: 101.83mg (4.43%), Alcohol: 0.18g (100%), Alcohol %: 0.26% (100%), Protein: 3.79g (7.58%), Vitamin B2: 0.18mg (10.8%), Calcium: 99.66mg (9.97%), Phosphorus: 99.04mg (9.9%), Vitamin C: 7.66mg (9.28%), Vitamin A: 402.8IU (8.06%), Potassium: 217.27mg (6.21%), Selenium: 3.44µg (4.92%), Folate: 18.92µg (4.73%), Vitamin B6: 0.09mg (4.6%), Manganese: 0.09mg (4.42%), Magnesium: 16.52mg (4.13%), Vitamin B5: 0.4mg (4.03%), Vitamin B1: 0.05mg (3.51%), Zinc: 0.48mg (3.22%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.51µg (2.39%), Iron: 0.41mg (2.28%), Vitamin B12: 0.12µg (2.01%), Vitamin B3: 0.38mg (1.88%), Fiber: 0.45g (1.79%), Copper: 0.03mg (1.69%), Vitamin D: 0.15µg (1.01%)