



Zucchini Custard Bake

READY IN



65 min.

SERVINGS



6

CALORIES



188 kcal

Ingredients

- ☐ 4 tablespoons butter melted ()
- ☐ 2 tablespoons bread crumbs dry fine
- ☐ 3 eggs
- ☐ 0.5 cup evaporated milk light undiluted
- ☐ 0.5 cup onion diced
- ☐ 0.3 cup parmesan grated
- ☐ 0.1 teaspoon pepper
- ☐ 1 Dash pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

☐ 2 pounds zucchini cut into small pieces

Equipment

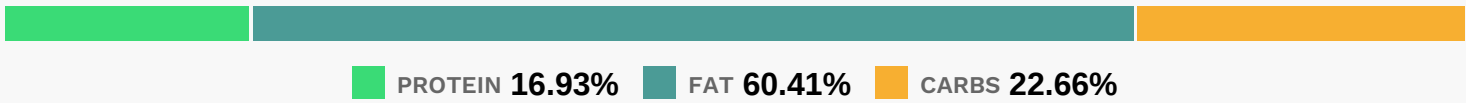
☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large saucepan with a tight-fitting lid, combine melted butter and zucchini. Cover and cook over low heat, stirring occasionally, until tender, about 5 to 7 minutes.
- ☐ Remove from heat, set aside and let zucchini cool before adding eggs to avoid them becoming scrambled. Beat eggs with milk; add bread crumbs, onion, Worcestershire sauce, hot pepper sauce, salt, pepper, and 2 tablespoons of the Parmesan.
- ☐ Mix well.
- ☐ Let zucchini cool.
- ☐ Combine mixture with zucchini, stirring until blended. Turn into a buttered 1 1/2 quart casserole.
- ☐ Sprinkle top with remaining Parmesan.
- ☐ Bake uncovered for 35 to 40 minutes. If the dish has been refrigerated, allow about 10 minutes longer baking time.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:11.243478277455%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 188.14kcal (9.41%), Fat: 13g (20%), Saturated Fat: 7.31g (45.67%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 9.07g (3.3%), Sugar: 6.88g (7.65%), Cholesterol: 110.83mg (36.94%), Sodium: 618.32mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.39%), Vitamin C: 28.59mg (34.66%), Vitamin B2: 0.34mg (20.26%), Phosphorus: 184.84mg (18.48%), Manganese: 0.33mg (16.5%), Vitamin B6: 0.32mg (15.93%), Calcium: 153.56mg (15.36%), Potassium: 529.35mg (15.12%), Vitamin A: 738.48IU (14.77%), Folate: 55.07µg (13.77%), Selenium: 9.48µg (13.55%), Magnesium: 39.89mg (9.97%), Vitamin B1: 0.13mg (8.53%), Vitamin B5: 0.84mg (8.44%), Fiber: 1.9g (7.6%), Zinc: 1.13mg (7.51%), Vitamin K: 7.77µg (7.4%), Iron: 1.27mg (7.05%), Copper: 0.12mg (5.86%), Vitamin B12: 0.31µg (5.12%), Vitamin B3: 1mg (4.99%), Vitamin E: 0.68mg (4.52%), Vitamin D: 0.48µg (3.21%)