



Zucchini Custards with Tomatoes and Basil

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 large egg whites lightly beaten
- ☐ 4 large eggs lightly beaten
- ☐ 1.3 cups milk fat-free divided
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 Dash ground pepper red
- ☐ 1 Dash nutmeg
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 1 ounce parmigiano-reggiano cheese finely grated

- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup shallots minced
- ☐ 2 cups tomatoes diced peeled seeded
- ☐ 1.3 pounds zucchini grated

Equipment

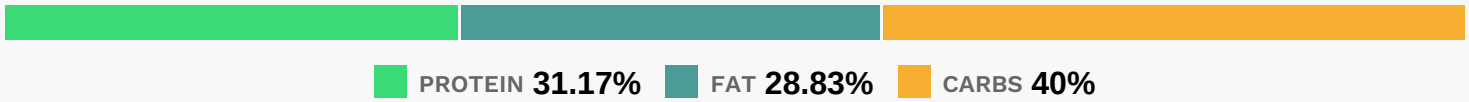
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Spread zucchini on several layers of paper towels; sprinkle with 1/4 teaspoon salt. Cover with additional paper towels.
- ☐ Let stand 15 minutes, pressing occasionally until barely moist. Set aside.
- ☐ Heat a saucepan coated with cooking spray over medium heat.
- ☐ Add shallots, and cook 5 minutes or until soft, stirring often.
- ☐ Remove pan from heat.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1/3 cup milk, stirring with a whisk.
- ☐ Add 1 cup milk; stir with a whisk.
- ☐ Add milk mixture to pan; cook 3 minutes over medium heat or until thick, stirring constantly.

- ☐ Place milk mixture, 1/2 teaspoon salt, chopped basil, and next 6 ingredients (chopped basil through egg whites) in a food processor or blender; process until well blended.
- ☐ Add cheese, and process until well blended.
- ☐ Add zucchini, and pulse until combined.
- ☐ Divide zucchini mixture evenly among 8 (4-ounce) ramekins or custard cups coated with cooking spray.
- ☐ Place ramekins on a jelly roll pan; add hot water to pan to a depth of 1 inch.
- ☐ Bake at 350 30 minutes or until puffed and brown and a wooden pick inserted in center comes out clean.
- ☐ Remove ramekins from pan; run a knife around edges. Invert custards onto plates. Top with tomato; garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:48.66, Glycemic Load:3.43, Inflammation Score:-7, Nutrition Score:10.997391223907%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 114.79kcal (5.74%), Fat: 3.78g (5.82%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 11.82g (3.94%), Net Carbohydrates: 9.86g (3.58%), Sugar: 6.24g (6.93%), Cholesterol: 96.63mg (32.21%), Sodium: 440.55mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.41%), Vitamin C: 19.77mg (23.97%), Vitamin B2: 0.36mg (21.28%), Selenium: 13.42µg (19.17%), Phosphorus: 169.71mg (16.97%), Calcium: 153.83mg (15.38%), Vitamin B6: 0.29mg (14.67%), Manganese: 0.28mg (13.94%), Potassium: 473.71mg (13.53%), Folate: 47.39µg (11.85%), Iron: 1.81mg (10.07%), Vitamin A: 495.03IU (9.9%), Vitamin K: 9.46µg (9%), Magnesium: 35.31mg (8.83%), Vitamin B1: 0.13mg (8.82%), Vitamin B12: 0.51µg (8.55%), Vitamin B5: 0.84mg (8.38%), Fiber: 1.96g (7.84%), Zinc: 1.01mg (6.73%), Vitamin D: 0.97µg (6.45%), Copper: 0.12mg (6.14%), Vitamin E: 0.87mg (5.81%), Vitamin B3: 1.13mg (5.66%)