



Zucchini Egg Bake

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 4 eggs
- 1.5 teaspoons basil dried fresh minced
- 1.5 teaspoons marjoram dried fresh minced
- 0.3 cup parsley fresh minced
- 2 garlic clove minced
- 0.5 cup monterrey jack cheese shredded
- 1 large onion chopped

- 0.5 cup parmesan cheese grated
- 0.5 teaspoon salt
- 3 cups zucchini peeled chopped

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan

Directions

- In a large skillet, saute the zucchini, onion and garlic in butter until tender; set aside. In a large bowl, whisk the eggs, Parmesan cheese, parsley, basil, marjoram and salt. Stir in zucchini mixture and Monterey Jack cheese.
- Pour into a greased 1-qt. baking dish.
- Bake at 350° for 20–25 minutes or until a knife inserted near the center comes out clean.
- Let stand for 5 minutes before serving.

Nutrition Facts

 **PROTEIN 18.88%**  **FAT 69.16%**  **CARBS 11.96%**

Properties

Glycemic Index:35.5, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:11.286521880523%

Flavonoids

Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 203.49kcal (10.17%), Fat: 15.91g (24.47%), Saturated Fat: 8.94g (55.89%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.94g (1.8%), Sugar: 2.81g (3.13%), Cholesterol: 145.09mg (48.36%), Sodium: 506.33mg (22.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin K: 49.61µg (47.24%), Vitamin C: 16.62mg (20.15%), Selenium: 13.78µg (19.69%), Phosphorus: 189.48mg (18.95%), Calcium: 189.3mg (18.93%), Vitamin A: 878.42IU (17.57%), Vitamin B2: 0.27mg (16.14%), Vitamin B6: 0.21mg (10.67%), Manganese: 0.2mg (10.2%), Folate: 40.54µg (10.13%), Zinc: 1.33mg (8.85%), Potassium: 288.64mg (8.25%), Vitamin B12: 0.47µg (7.8%), Iron: 1.3mg (7.23%), Vitamin B5: 0.68mg (6.82%), Magnesium: 26.12mg (6.53%), Fiber: 1.24g (4.97%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.68µg (4.57%), Copper: 0.08mg (4.11%), Vitamin B1: 0.06mg (3.98%), Vitamin B3: 0.4mg (2.01%)