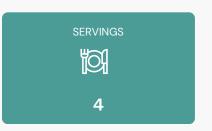


Zucchini Flutes Piped With Basil Ricotta Mousse

Gluten Free







SIDE DISH

Ingredients

2 medium zucchini
0.3 cup basil fresh
0.3 cup basil fresh
2 tablespoons garlic minced
1.5 cups ricotta cheese homemade for the freshest
4 tablespoons parmesan shredded divided ()
1 tablespoon olive oil extra virgin

Equipment		
	food processor	
	oven	
	baking pan	
	pastry bag	
Directions		
	Preheat oven to 375 degrees.	
	Cut stem tips of zucchinis off and discard. Slice lengthwise into two pieces. Take a teaspoon and hollow out each half scraping away seeds and core until smooth. Be sure to leave about 1/4 inch of flesh or the flute will be too weak. Set on baking tray.	
	Put the ricotta, basil, garlic, and half of the shredded Parmesan cheese into a food processor and blend until creamy. If too thick add just a dab of olive oil. But not too much as you need the mousse to stand firm in the zucchini flutes.	
	Once you reach the desired consistency – scoop the mousse out of processor into a zip lock baggie or pastry bag. If using a baggie, snip off about 1/4" of the corner and squeeze baggie to pipe out mousse into the hollowed section of the zucchini. Stop short of the end by about 1/2", as the ricotta will expand when baking.	
	Sprinkle remaining Parmesan cheese along the top of flutes.	
	Put tray of mousse-filled flutes on middle rack of oven, baking for 20 minutes at 375 degrees.	
	Remove when zucchini is tender to a fork and the cheese has browned slightly. Once flutes are removed from the oven, sprinkle a few ricotta crumbles across the top and lightly drizzle with extra virgin olive oil.	
	Serve immediately.	
Nutrition Facts		
PROTEIN 23% FAT 64.59% CARBS 12.41%		

Properties

Glycemic Index:59.75, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:11.049565217391%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Taste

Sweetness: 18.1%, Saltiness: 100%, Sourness: 44.65%, Bitterness: 33.44%, Savoriness: 31.9%, Fattiness: 53.05%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 235.67kcal (11.78%), Fat: 17.22g (26.49%), Saturated Fat: 9.11g (56.91%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 6.33g (2.3%), Sugar: 2.79g (3.1%), Cholesterol: 50.83mg (16.94%), Sodium: 166.93mg (7.26%), Protein: 13.79g (27.59%), Calcium: 279.98mg (28%), Vitamin C: 19.33mg (23.43%), Phosphorus: 226.68mg (22.67%), Selenium: 15.38µg (21.98%), Vitamin K: 19.95µg (19%), Vitamin B2: 0.3mg (17.46%), Vitamin A: 807.51lU (16.15%), Manganese: 0.28mg (14.07%), Vitamin B6: 0.26mg (12.93%), Potassium: 382.96mg (10.94%), Zinc: 1.6mg (10.67%), Folate: 37.19µg (9.3%), Magnesium: 32.99mg (8.25%), Vitamin B12: 0.38µg (6.27%), Iron: 0.94mg (5.22%), Vitamin E: 0.76mg (5.08%), Copper: 0.1mg (4.83%), Vitamin B5: 0.45mg (4.51%), Vitamin B1: 0.07mg (4.48%), Fiber: 1.11g (4.45%), Vitamin B3: 0.61mg (3.04%), Vitamin D: 0.21µg (1.41%)