



Zucchini Flutes Piped With Basil Ricotta Mousse

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

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: 807.51IU (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%)