

Zucchini Fries

READY IN



45 min.

SERVINGS



32

CALORIES



17 kcal

SIDE DISH

Ingredients

- ☐ 1 egg white
- ☐ 0.3 cup milk
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 2 zucchini

Equipment

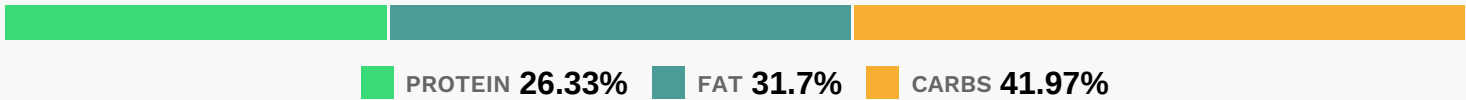
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Cut zucchini into 3-inch sticks.
- ☐ Whisk an egg white in a small bowl, and add milk.
- ☐ Combine Parmesan and seasoned breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet.
- ☐ Bake for 2530 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.1747826065706%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 17.02kcal (0.85%), Fat: 0.61g (0.94%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.52g (0.58%), Cholesterol: 1.31mg (0.44%), Sodium: 53.34mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 2.24mg (2.72%), Calcium: 26.28mg (2.63%), Phosphorus: 20.88mg (2.09%), Manganese: 0.04mg (2.03%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.03mg (1.68%), Selenium: 1.06µg (1.52%), Vitamin K: 1.42µg (1.35%), Folate: 5.32µg (1.33%), Vitamin B6: 0.03mg (1.29%), Potassium: 42.13mg (1.2%), Magnesium: 4.09mg (1.02%)