



Zucchini 'Fries' with Lemon Aioli



Gluten Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1 small garlic clove minced
- 0.5 tsp lemon zest
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup parmesan cheese grated kraft
- 1 lb zucchini
- 1 pkt. shake 'n bake chicken coating mix

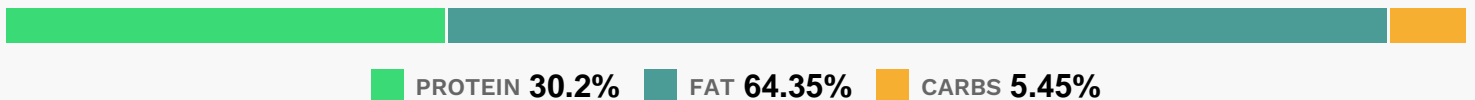
Equipment

- bowl
- baking sheet
- oven
- whisk
- tongs

Directions

- Heat oven to 450F.
- Cut zucchini crosswise in half, then cut each piece into 1/4-inch-thick matchlike sticks.
- Add cheese to coating mix in shaker bag; shake gently to combine.
- Whisk egg in medium bowl until blended.
- Add zucchini, in batches, to egg; toss until evenly coated. Use tongs to add 1/4 of the zucchini to coating mixture in shaker bag; close bag, then shake to evenly coat zucchini.
- Spread onto rimmed baking sheet sprayed with cooking spray. Repeat with remaining zucchini.
- Bake 12 to 13 min. or until zucchini is golden brown, turning after 7 min. Meanwhile, mix remaining ingredients until blended.
- Serve zucchini sticks with mayo mixture.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:10.125652054082%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 269.32kcal (13.47%), Fat: 19.03g (29.28%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.04g (1.1%), Sugar: 1.95g (2.16%), Cholesterol: 96.83mg (32.28%), Sodium: 249.54mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.19%), Vitamin B3: 6.74mg (33.71%), Selenium:

17.03µg (24.32%), Vitamin B6: 0.44mg (22.14%), Phosphorus: 194.91mg (19.49%), Vitamin C: 11.95mg (14.49%), Vitamin B2: 0.2mg (12%), Zinc: 1.65mg (11%), Vitamin K: 11.46µg (10.91%), Vitamin B5: 1.09mg (10.87%), Potassium: 347.33mg (9.92%), Magnesium: 31.4mg (7.85%), Iron: 1.2mg (6.69%), Manganese: 0.13mg (6.49%), Vitamin B12: 0.39µg (6.44%), Vitamin A: 313.33IU (6.27%), Vitamin B1: 0.09mg (5.84%), Folate: 22.68µg (5.67%), Calcium: 51.94mg (5.19%), Vitamin E: 0.73mg (4.9%), Copper: 0.08mg (4.24%), Fiber: 0.59g (2.35%), Vitamin D: 0.32µg (2.11%)