



Zucchini Gratin

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



535 kcal

SIDE DISH

Ingredients

- 2 Tbsp basil fresh chopped
- 0.8 cup italian* five cheese shredded with a touch of philadelphia kraft
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 plum tomatoes thinly sliced
- 0.5 cup onions red finely chopped
- 2 zucchini cut into 1/4-inch-thick slices

Equipment

- oven

baking pan

Directions

Heat oven to 425F.

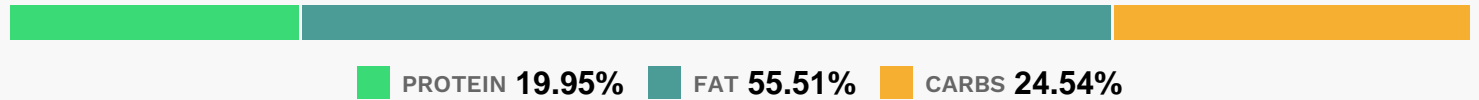
Arrange 4 rows of zucchini alternately with 3 rows of tomatoes on bottom of 9-inch square baking dish sprayed with cooking spray, overlapping rows as necessary.

Sprinkle with onions; drizzle with dressing. Cover.

Bake 30 to 35 min. or until zucchini is tender, uncovering after 20 min.

Top with basil and cheese; bake 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:150, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:28.866086959839%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 19.55mg, Quercetin: 19.55mg, Quercetin: 19.55mg, Quercetin: 19.55mg

Nutrients (% of daily need)

Calories: 534.5kcal (26.72%), Fat: 35.06g (53.94%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 27.9g (10.15%), Sugar: 22.84g (25.37%), Cholesterol: 16.8mg (5.6%), Sodium: 784.25mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Vitamin C: 95.58mg (115.85%), Vitamin K: 112.16µg (106.82%), Manganese: 1.1mg (55.06%), Vitamin A: 2504.32IU (50.09%), Vitamin B6: 0.89mg (44.56%), Potassium: 1520.32mg (43.44%), Folate: 136.45µg (34.11%), Calcium: 291.46mg (29.15%), Fiber: 6.97g (27.88%), Magnesium: 103.2mg (25.8%), Vitamin B2: 0.42mg (24.9%), Phosphorus: 217.79mg (21.78%), Copper: 0.37mg (18.59%), Vitamin B1: 0.28mg (18.34%), Vitamin E: 2.54mg (16.96%), Vitamin B3: 2.79mg (13.94%), Iron: 2.51mg (13.92%), Zinc: 1.74mg (11.63%), Vitamin B5: 1.03mg (10.35%), Selenium: 2.4µg (3.42%)