

Zucchini Grinders

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 24 inch sandwich rolls split french italian
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 1 cup tomato basil sauce classico®
- ☐ 2 medium zucchini cubed

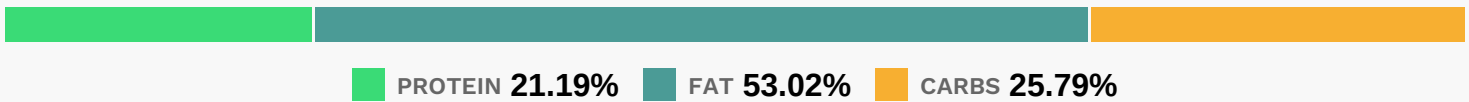
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a skillet over medium heat. Fry the zucchini in butter until browned and slightly tender. Season with red pepper flakes, salt and pepper, and stir in the tomato and basil sauce. Cook and stir until sauce is heated.
- ☐ Spoon a generous amount of the zucchini mixture into each sandwich roll. Top with a handful of shredded mozzarella. Close the rolls, and wrap individually in aluminum foil.
- ☐ Bake for 15 minutes in the preheated oven, until bread is heated through, and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:10.596521683361%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 234.98kcal (11.75%), Fat: 13.95g (21.46%), Saturated Fat: 7.62g (47.62%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 12.92g (4.7%), Sugar: 5.41g (6.01%), Cholesterol: 40.71mg (13.57%), Sodium: 688.29mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Calcium: 253.3mg (25.33%), Vitamin C: 19.04mg (23.08%), Phosphorus: 202.07mg (20.21%), Selenium: 13.34µg (19.05%), Vitamin B12: 0.96µg (16.06%), Vitamin B2: 0.26mg (15.51%), Vitamin A: 762.3IU (15.25%), Manganese: 0.26mg (12.85%), Potassium: 405.53mg (11.59%), Zinc: 1.69mg (11.25%), Folate: 41.05µg (10.26%), Fiber: 2.34g (9.36%), Vitamin B6: 0.18mg (9.06%), Vitamin B1: 0.13mg (8.65%), Magnesium: 30.27mg (7.57%), Iron: 1.24mg (6.86%), Vitamin B3: 1.14mg (5.68%), Vitamin K: 5.54µg (5.28%), Copper: 0.08mg (4.09%), Vitamin B5: 0.33mg (3.26%), Vitamin E: 0.35mg (2.35%), Vitamin D: 0.17µg (1.12%)