



Zucchini Oven Chips

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup breadcrumbs dry
- ☐ 2 tablespoons skim milk fat-free
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 ounce parmesan fresh grated
- ☐ 2.5 cups zucchini () (2 small)
- ☐ 0.3 teaspoon lawry's seasoned salt

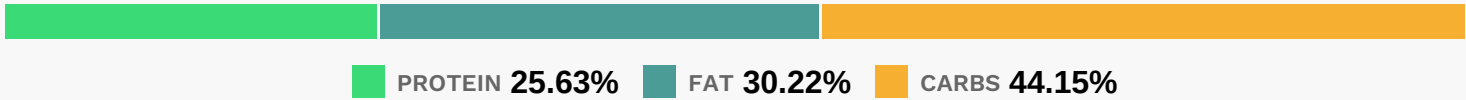
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a medium bowl, stirring with a whisk.
- ☐ Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.
- ☐ Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
- ☐ Bake at 425 for 30 minutes or until browned and crisp.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:5.6521738638049%

Flavonoids

Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 70.95kcal (3.55%), Fat: 2.45g (3.76%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 6.93g (2.52%), Sugar: 2.8g (3.11%), Cholesterol: 5.04mg (1.68%), Sodium: 317.69mg (13.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin C: 13.87mg (16.82%), Calcium: 119.08mg (11.91%), Manganese: 0.21mg (10.55%), Phosphorus: 98.67mg (9.87%), Vitamin B2: 0.13mg (7.87%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.2%), Potassium: 237.65mg (6.79%), Folate: 26.57µg (6.64%), Magnesium: 21.13mg (5.28%), Selenium: 3.65µg (5.21%), Vitamin A: 225.99IU (4.52%), Fiber: 1.11g (4.45%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.58mg (3.88%), Iron: 0.69mg (3.83%), Vitamin K: 4µg (3.81%), Copper: 0.06mg (3.13%), Vitamin B5: 0.26mg (2.57%), Vitamin B12: 0.15µg (2.54%)