



 14%
HEALTH SCORE

Zucchini Parmesan

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 large onion diced
- 1 cup mozzarella cheese shredded
- 16 ounce pasta sauce
- 2 large zucchini thinly sliced

Equipment

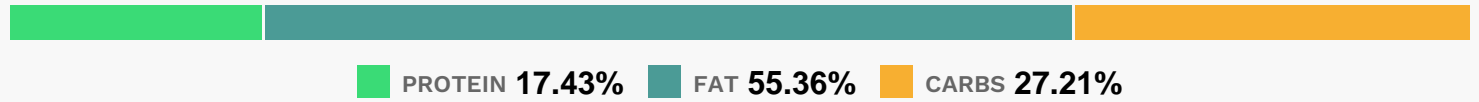
- frying pan

- oven
- pot
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a large pot boil the zucchini until tender; drain. Meanwhile, in a medium frying pan heat the olive oil over medium heat and saute the onion and garlic until the onion is tender.
- Combine the zucchini, onion and garlic in a 9x12 inch casserole dish, and mix well.
- Pour the spaghetti sauce over the mixture and stir well. Top with mozzarella cheese (use more or less depending on your preference).
- Bake in preheated oven for about 20 minutes, or until heated through and cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.36, Inflammation Score:-6, Nutrition Score:10.325652226158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 145.19kcal (7.26%), Fat: 9.44g (14.52%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 7.78g (2.83%), Sugar: 6.65g (7.38%), Cholesterol: 14.75mg (4.92%), Sodium: 485.25mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Vitamin C: 26.73mg (32.4%), Manganese: 0.33mg (16.3%), Potassium: 560.28mg (16.01%), Vitamin B6: 0.3mg (14.94%), Phosphorus: 136.18mg (13.62%), Vitamin A: 669.45IU (13.39%), Calcium: 129.68mg (12.97%), Vitamin E: 1.93mg (12.87%), Vitamin B2: 0.21mg (12.41%), Fiber: 2.66g (10.63%), Folate: 38.73µg (9.68%), Vitamin K: 10.1µg (9.62%), Magnesium: 37.2mg (9.3%), Copper: 0.16mg (7.94%), Zinc: 1.11mg (7.4%), Iron: 1.3mg (7.23%), Vitamin B12: 0.43µg (7.09%), Vitamin B3: 1.29mg (6.45%), Selenium: 4.11µg (5.87%), Vitamin B1: 0.09mg (5.71%), Vitamin B5: 0.52mg (5.16%)