



Zucchini Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup cherry tomatoes chopped
- ☐ 1 large eggs
- ☐ 0.5 cup ricotta cheese fat-free
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 6 garlic cloves peeled
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 1 cup milk 2% reduced-fat

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil
- ☐ 1 pound zucchini

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler. Lightly coat zucchini and garlic with cooking spray; place on a baking sheet coated with cooking spray. Broil 5 minutes or until garlic and zucchini are lightly browned.
- ☐ Remove garlic from baking sheet; mince. Set zucchini aside.
- ☐ Combine the garlic, breadcrumbs, and parmesan cheese; set aside.
- ☐ Combine milk and next 5 ingredients (milk through egg) in a medium bowl, stirring with a whisk.
- ☐ Combine tomatoes, basil and oil in a bowl; set aside.
- ☐ Preheat oven to 40
- ☐ Spread 1/2 cup milk misture in bottom of an 11x7-inch baking dish coated with cooking spray. Arrance zucchini slices over milk mixture to cover the bottom of the dish, and top with 1/3 cup breadcrumb mixture and 1/2 cup milk mixture. Repeat layers, ending with the zucchini. Top with the tomato mixture, and sprinkle with the remaining breadcrumb mixture.
- ☐ Bake at 400 for 45 minutes or until bubbly and brown.

Nutrition Facts



 **PROTEIN 24.72%**  **FAT 31.32%**  **CARBS 43.96%**

Properties

Glycemic Index:40.67, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:9.6530434774316%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 137.41kcal (6.87%), Fat: 4.78g (7.35%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 13.53g (4.92%), Sugar: 5.84g (6.49%), Cholesterol: 40.74mg (13.58%), Sodium: 367.4mg (15.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.48g (16.97%), Vitamin C: 20.66mg (25.04%), Calcium: 181.71mg (18.17%), Manganese: 0.35mg (17.57%), Vitamin B2: 0.25mg (14.64%), Vitamin K: 15.27µg (14.55%), Phosphorus: 144.36mg (14.44%), Vitamin B6: 0.23mg (11.63%), Selenium: 7.79µg (11.13%), Vitamin B1: 0.17mg (11.08%), Potassium: 362.82mg (10.37%), Folate: 40.32µg (10.08%), Vitamin A: 467.93IU (9.36%), Magnesium: 29.6mg (7.4%), Iron: 1.23mg (6.86%), Vitamin B12: 0.37µg (6.24%), Fiber: 1.55g (6.2%), Zinc: 0.89mg (5.95%), Vitamin B3: 1.18mg (5.88%), Vitamin B5: 0.56mg (5.6%), Copper: 0.11mg (5.43%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.19µg (1.27%)