



Zucchini Parmesan Appetizer

READY IN



110 min.

SERVINGS



6

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bread crumbs fresh white
- 2 eggs beaten
- 0.3 cup basil leaves fresh packed chopped
- 4 garlic cloves minced
- 1 large onion chopped
- 0.5 cup parmesan cheese freshly grated
- 6 servings salt and pepper to taste
- 5 tablespoons butter unsalted divided
- 3 pounds zucchini cubed

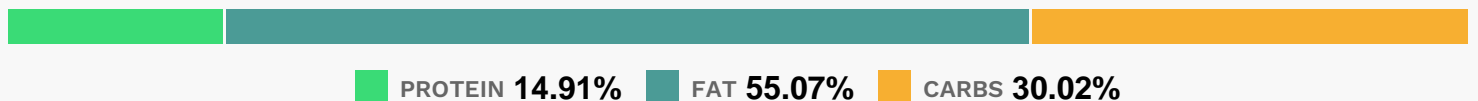
Equipment

- frying pan
- oven
- mixing bowl
- pot
- sieve
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place zucchini in a pot with about 1 inch of water. Bring to a boil, and cook until tender but still firm, about 10 minutes.
- Drain zucchini and transfer to a large bowl. Mash with a fork, then transfer to a fine mesh strainer or sieve, pressing to release excess water. Return to mixing bowl.
- Melt 4 tablespoons butter in a large skillet over medium-high heat.
- Add onion and garlic, and cook until lightly browned being careful not to burn the garlic.
- Remove from heat, stir into the zucchini.
- Mix in the eggs, Parmesan cheese, bread crumbs, and basil. Season with salt and pepper.
- Butter an 8 inch square baking dish with remaining butter.
- Pour the zucchini mixture into the dish, and spread evenly.
- Bake in the preheated oven until firm in the center and lightly browned on top, about 45 minutes. Allow to cool, cut into squares, and serve.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:15.086956563203%

Flavonoids

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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 227.02kcal (11.35%), Fat: 14.44g (22.21%), Saturated Fat: 8.06g (50.34%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 14.55g (5.29%), Sugar: 7.38g (8.2%), Cholesterol: 86.89mg (28.96%), Sodium: 447.14mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.59%), Vitamin C: 43.25mg (52.42%), Manganese: 0.57mg (28.67%), Vitamin B6: 0.47mg (23.45%), Vitamin B2: 0.36mg (21.11%), Potassium: 695.46mg (19.87%), Phosphorus: 196.58mg (19.66%), Folate: 77.29µg (19.32%), Vitamin A: 949.86IU (19%), Selenium: 10.67µg (15.24%), Vitamin K: 15.63µg (14.89%), Calcium: 148.7mg (14.87%), Vitamin B1: 0.21mg (14.24%), Magnesium: 53.25mg (13.31%), Fiber: 3.16g (12.62%), Zinc: 1.49mg (9.94%), Iron: 1.69mg (9.39%), Copper: 0.18mg (8.93%), Vitamin B3: 1.69mg (8.47%), Vitamin B5: 0.82mg (8.22%), Vitamin E: 0.76mg (5.07%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.51µg (3.4%)