



## Zucchini Parmesan Crisps

 Popular

READY IN



50 min.

SERVINGS



4

CALORIES



95 kcal

### Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup bread crumbs plain dry
- 1 tablespoon olive oil
- 0.8 ounce parmesan freshly grated
- 0.1 teaspoon salt
- 2 medium zucchini (1 pound total)

### Equipment

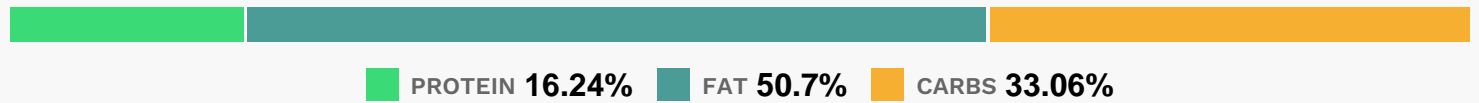
- bowl
- baking sheet

- oven
- spatula

## Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
- Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.
- Bake the zucchini rounds until browned and crisp, 25 to 30 minutes.
- Remove with spatula.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:6.2060869647109%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 95.35kcal (4.77%), Fat: 5.55g (8.53%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 6.83g (2.48%), Sugar: 2.91g (3.24%), Cholesterol: 3.61mg (1.2%), Sodium: 215.17mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin C: 17.54mg (21.26%), Manganese: 0.25mg (12.47%), Calcium: 91.49mg (9.15%), Vitamin B6: 0.17mg (8.65%), Phosphorus: 85.43mg (8.54%), Vitamin B2: 0.14mg (8.07%), Potassium: 275.28mg (7.87%), Folate: 31.13µg (7.78%), Vitamin B1: 0.11mg (7.44%), Vitamin K: 7.02µg (6.69%), Magnesium: 23.05mg (5.76%), Fiber: 1.31g (5.24%), Vitamin A: 238.06IU (4.76%), Vitamin B3: 0.91mg (4.53%), Selenium: 3.1µg (4.43%), Vitamin E: 0.64mg (4.26%), Iron: 0.76mg (4.23%), Zinc: 0.56mg (3.73%), Copper: 0.07mg (3.61%), Vitamin B5: 0.26mg (2.63%), Vitamin B12: 0.09µg (1.46%)