

POPULAR

Zucchini Parmesan Crisps

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	20 min	30 min	4	\$0.46	95 kcal



Zucchini Parmesan Crisps requires roughly 50 minutes from start to finish. This recipe makes 4 servings with 95 calories, 4g of protein, and 6g of fat each. For 46 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. It is brought to you by Foodnetwork.

Ingredients

- ☐ 4 servings Freshly ground black pepper
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ ¼ cup plain dry bread crumbs
- ☐ ¾ ounce 1/4 cup freshly grated Parmesan
- ☐ 2 medium zucchini (about 1 pound total)

EQUIPMENT Bowl, Baking sheet, Oven, Spatula

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
- 3 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.
- 4 Bake the zucchini rounds until browned and crisp, 25 to 30 minutes.
- 5 Remove with spatula.
- 6 Serve immediately.

Nutrition per serving

95	4 g	6 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.5 g · 10% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			2.9 g · 3% of daily needs
Sodium			215 mg · 9% of daily needs
Cholesterol			3.6 mg · 1% of daily needs
Vitamin C			17.5 mg · 21% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/zucchini-parmesan-crisps-144769