



Zucchini Pasta Bake

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pinch celery flakes dried
- ☐ 0.5 teaspoon basil dried
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese
- ☐ 8 ounces penne pasta

- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup saltines crushed
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 tomatoes chopped
- ☐ 2 cups zucchini chopped

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ casserole dish

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add penne pasta, cook for 10 to 12 minutes, until al dente, and drain. Lightly grease a medium casserole dish.
- ☐ Preheat oven to 350 degrees F (175 degrees C). In a blender or food processor, thoroughly mix the Parmesan cheese and crackers.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Place the onion in the skillet, and cook and stir until tender.
- ☐ Mix in the zucchini, tomato, and garlic, and season with oregano, basil, celery, salt, and pepper. Continue to cook and stir until the zucchini is tender.
- ☐ In the prepared casserole dish, mix the pasta with the vegetable mixture and mozzarella cheese. Top evenly with the Parmesan cheese mixture.
- ☐ Bake 25 minutes in the preheated oven, or until the topping is lightly browned. Allow to sit 5 minutes before serving.

Nutrition Facts



 PROTEIN **17.51%**  FAT **29.07%**  CARBS **53.42%**

Properties

Glycemic Index:35.17, Glycemic Load:12.12, Inflammation Score:-6, Nutrition Score:10.815217396487%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 274.62kcal (13.73%), Fat: 8.86g (13.63%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 34.26g (12.46%), Sugar: 3.35g (3.72%), Cholesterol: 17.58mg (5.86%), Sodium: 442.15mg (19.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.01%), Selenium: 28.91µg (41.3%), Manganese: 0.54mg (27.2%), Phosphorus: 198.35mg (19.83%), Calcium: 170.88mg (17.09%), Vitamin C: 11.35mg (13.75%), Vitamin K: 10.31µg (9.82%), Vitamin B2: 0.17mg (9.81%), Magnesium: 39.18mg (9.79%), Zinc: 1.44mg (9.62%), Fiber: 2.36g (9.43%), Vitamin B6: 0.18mg (9.01%), Potassium: 296.71mg (8.48%), Vitamin A: 419.22IU (8.38%), Copper: 0.17mg (8.26%), Vitamin B12: 0.48µg (8.01%), Folate: 31.82µg (7.95%), Vitamin B1: 0.12mg (7.71%), Iron: 1.34mg (7.45%), Vitamin B3: 1.39mg (6.97%), Vitamin E: 0.7mg (4.67%), Vitamin B5: 0.36mg (3.58%)