



Zucchini Pie

READY IN



40 min.

SERVINGS



8

CALORIES



224 kcal

Ingredients

- 1 cup baking mix
- 1 cup baking mix
- 0.5 teaspoon marjoram dried
- 4 eggs beaten
- 1 teaspoon parsley fresh chopped
- 8 servings pepper black to taste
- 1 onion chopped
- 0.5 cup parmesan cheese grated
- 0.5 cup vegetable oil
- 3 cups zucchini diced

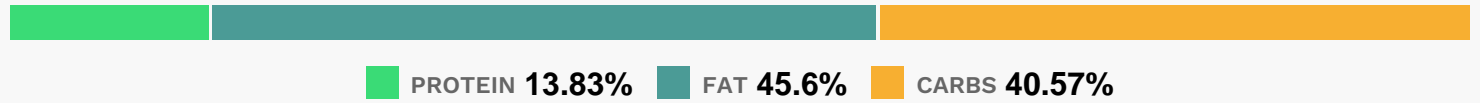
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 10x6 inch pan or a 12 inch pie plate.
- In a medium mixing bowl, combine zucchini, onion, eggs, buttermilk baking mix, vegetable oil, Parmesan cheese, marjoram, parsley and pepper; mix well.
- Spread into the prepared baking dish.
- Bake for 30 minutes, or until lightly brown.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:9.3786957056626%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 223.94kcal (11.2%), Fat: 11.35g (17.47%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 21.37g (7.77%), Sugar: 5.33g (5.92%), Cholesterol: 87.88mg (29.29%), Sodium: 527.72mg (22.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Phosphorus: 280.53mg (28.05%), Vitamin B2: 0.3mg (17.7%), Selenium: 11.36µg (16.23%), Folate: 62.04µg (15.51%), Vitamin B1: 0.21mg (14.02%), Calcium: 132.46mg (13.25%), Vitamin C: 9.45mg (11.46%), Manganese: 0.23mg (11.33%), Vitamin K: 9.6µg (9.14%), Iron: 1.46mg (8.12%), Vitamin B3: 1.61mg (8.06%), Vitamin B6: 0.16mg (7.9%), Vitamin B5: 0.74mg (7.36%), Potassium: 233.69mg (6.68%), Vitamin B12: 0.4µg (6.62%), Zinc: 0.91mg (6.05%), Magnesium: 22.27mg (5.57%), Fiber: 1.36g (5.43%), Vitamin A:

269.44IU (5.39%), Copper: 0.1mg (4.8%), Vitamin E: 0.58mg (3.9%), Vitamin D: 0.47 μ g (3.14%)