



Zucchini Pie

READY IN



15 min.

SERVINGS



6

CALORIES



294 kcal

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons basil fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 1 small onion chopped
- ☐ 4 tablespoons parmesan grated
- ☐ 1 cup provolone cheese grated
- ☐ 0.3 cup vegetable oil

☐ 3 cups zucchini grated

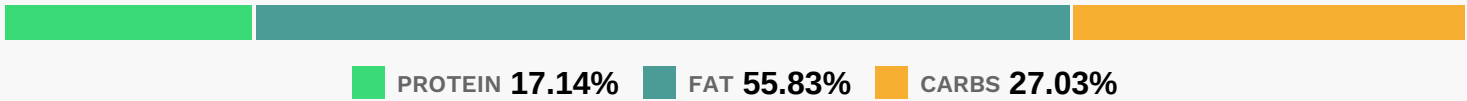
Equipment

- ☐ bowl
- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350F.
- ☐ Combine all the ingredients in a large bowl, reserving 1 tablespoon of the Parmesan. Spoon the zucchini mixture into a 10-inch round glass pie plate or metal pie pan that has been coated with vegetable cooking spray.
- ☐ Bake for 45 to 50 minutes or until golden brown.
- ☐ Sprinkle with the reserved Parmesan. Cool 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:60.83, Glycemic Load:12.28, Inflammation Score:-5, Nutrition Score:12.005217375963%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 293.86kcal (14.69%), Fat: 18.31g (28.17%), Saturated Fat: 6.47g (40.47%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 18.52g (6.73%), Sugar: 2.33g (2.59%), Cholesterol: 99.29mg (33.1%), Sodium: 708.7mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.29%), Calcium: 274.05mg (27.4%), Selenium: 17.95µg (25.64%), Phosphorus: 240.15mg (24.01%), Vitamin B2: 0.35mg (20.41%), Vitamin K: 20.5µg (19.52%), Folate: 68.05µg (17.01%), Manganese: 0.3mg (14.93%), Vitamin C: 11.97mg (14.51%), Vitamin B1: 0.21mg (14.09%), Iron: 1.84mg (10.24%), Zinc: 1.45mg (9.69%), Vitamin A: 465.34IU (9.31%), Vitamin B12: 0.56µg (9.28%), Vitamin B6: 0.18mg (9.06%), Vitamin B3: 1.59mg (7.93%), Potassium: 267.46mg (7.64%), Vitamin E: 1.12mg (7.49%), Vitamin B5: 0.69mg (6.92%), Magnesium: 27.67mg (6.92%), Fiber: 1.42g (5.7%), Copper: 0.09mg (4.64%), Vitamin

D: 0.57μg (3.78%)