



## Zucchini Rice Gratin

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

### Ingredients

- 2 large eggs lightly beaten
- 3 garlic clove finely chopped
- 6.5 tablespoons olive oil divided
- 1 medium onion halved lengthwise thinly sliced
- 0.5 cup parmesan divided grated
- 0.5 pounds plum tomatoes sliced
- 1 teaspoon thyme leaves chopped
- 0.3 cup rice long-grain white

1.5 pounds zucchini sliced ( 3 medium)

## Equipment

frying pan

oven

baking pan

## Directions

Preheat oven to 450°F with racks in upper and lower thirds.

Cook rice according to package instructions.

While rice cooks, toss zucchini with 1 tablespoon oil and 1/2 teaspoon salt in a shallow baking pan. Toss tomatoes with 1/2 tablespoon oil and 1/4 teaspoon salt in another baking pan.

Roast zucchini in upper third of oven and tomatoes in lower third, turning vegetables once halfway through roasting, until tender and light golden, about 10 minutes for tomatoes; 20 minutes for zucchini. Leave oven on.

Meanwhile, cook onion and garlic with 1/2 teaspoon salt in 2 tablespoons oil in a large heavy skillet, covered, over low heat, stirring occasionally, until very tender, 15 to 20 minutes.

Stir together onion mixture, cooked rice, eggs, thyme, 1/4 cup cheese, 1 tablespoon oil, 1/4 teaspoon salt, and 1/2 teaspoon pepper.

Spread half of rice mixture in a shallow 2-quart baking dish, then top with half of zucchini.

Spread remaining rice mixture over zucchini, then top with remaining zucchini. Top with tomatoes and drizzle with remaining 2 tablespoons oil, then sprinkle with remaining 1/4 cup cheese.

Bake in upper third of oven until set and golden brown, about 20 minutes.

Nutrition Data

## Nutrition Facts

PROTEIN 11.61%  FAT 64.84%  CARBS 23.55%

## Properties

Glycemic Index:60.8, Glycemic Load:9.45, Inflammation Score:-9, Nutrition Score:17.13608708589%

## Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

## Nutrients (% of daily need)

Calories: 396.11kcal (19.81%), Fat: 29.16g (44.87%), Saturated Fat: 6.18g (38.6%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 20.67g (7.52%), Sugar: 7.14g (7.94%), Cholesterol: 101.5mg (33.83%), Sodium: 254.95mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.5%), Vitamin C: 41.75mg (50.61%), Manganese: 0.62mg (31.23%), Vitamin E: 4.1mg (27.34%), Vitamin K: 25.94µg (24.7%), Phosphorus: 244.17mg (24.42%), Vitamin B6: 0.46mg (23.22%), Vitamin A: 1069.63IU (21.39%), Calcium: 211.85mg (21.19%), Vitamin B2: 0.35mg (20.37%), Potassium: 694.5mg (19.84%), Selenium: 13.61µg (19.45%), Folate: 68.7µg (17.18%), Magnesium: 53.32mg (13.33%), Fiber: 3.17g (12.67%), Vitamin B5: 1.04mg (10.43%), Zinc: 1.56mg (10.38%), Copper: 0.2mg (9.99%), Iron: 1.76mg (9.76%), Vitamin B1: 0.14mg (9.37%), Vitamin B3: 1.46mg (7.3%), Vitamin B12: 0.37µg (6.21%), Vitamin D: 0.56µg (3.75%)