



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)

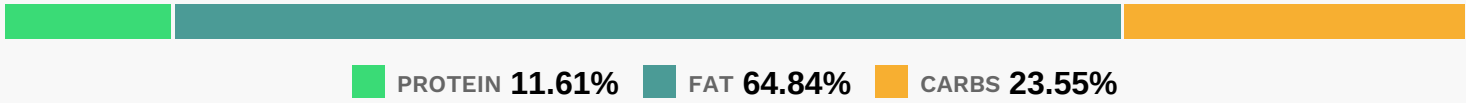
Equipment

- ☐ 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



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: Og (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%)