



HEALTH SCORE

57%

Zucchini Ripieno di Fegatini (Stuffed Zucchini)

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 1 tablespoon butter
- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 1 carrots diced finely
- ☐ 1 rib celery diced finely
- ☐ 1 pound chicken livers
- ☐ 4 egg yolks
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 6 servings salt and pepper to taste
- ☐ 3 pounds zucchini sliced in half lengthwise and scooped out, flesh chopped and set aside

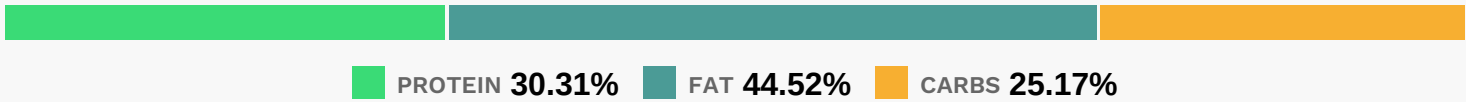
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, mix the chicken livers, egg yolks, olive oil, bread crumbs, and cheese and season with salt and pepper. Divide the mixture into 2 equal portions. Using 1 portion, stuff the hollowed-out canals of the zucchini halves. Set aside.
- ☐ In a large, heavy-bottomed skillet, heat the butter over medium heat.
- ☐ Add the chopped zucchini flesh, carrot and celery and cook, stirring occasionally, over medium heat until the vegetables are softened and slightly browned, about 8 to 9 minutes. Season with salt and pepper and add the remaining chicken livers–bread crumb mixture.
- ☐ Add the milk and cook, covered, 10 minutes.
- ☐ Stir in the tomatoes, season with salt and pepper and bring to a boil. Reduce to a simmer, carefully place the zucchini halves in the sauce and cook, covered, 1 hour over medium–low heat. Arrange 2 zucchini halves and some of the sauce on each plate, topping with more Parmigiano–Reggiano, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:46.931739475416%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 296.45kcal (14.82%), Fat: 15.07g (23.19%), Saturated Fat: 5.88g (36.72%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 14.88g (5.41%), Sugar: 10.96g (12.18%), Cholesterol: 403.54mg (134.51%), Sodium: 572.72mg (24.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Vitamin A: 11048.71IU (220.97%), Vitamin B12: 13µg (216.63%), Folate: 536.1µg (134.02%), Vitamin B2: 1.74mg (102.61%), Vitamin C: 61.89mg (75.02%), Selenium: 52.36µg (74.8%), Vitamin B6: 1.21mg (60.72%), Vitamin B5: 5.93mg (59.29%), Iron: 9.29mg (51.61%), Vitamin B3: 9.77mg (48.84%), Phosphorus: 473.22mg (47.32%), Manganese: 0.8mg (40.24%), Copper: 0.66mg (33.06%), Vitamin B1: 0.48mg (31.79%), Potassium: 1097.88mg (31.37%), Zinc: 3.64mg (24.25%), Calcium: 222.16mg (22.22%), Magnesium: 80.95mg (20.24%), Vitamin K: 19.21µg (18.29%), Fiber: 4.3g (17.19%), Vitamin E: 2.56mg (17.09%), Vitamin D: 0.91µg (6.09%)