



Zucchini Souffle with Monterey Jack Cheese

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup baking mix all-purpose
- 0.3 cup baking mix all-purpose
- 1 tablespoon butter melted
- 0.3 teaspoon parsley dried
- 4 eggs
- 0.1 teaspoon garlic powder
- 0.1 teaspoon pepper black
- 1 cup monterrey jack cheese shredded

- 1.3 teaspoons salt
- 4 cups zucchini shredded

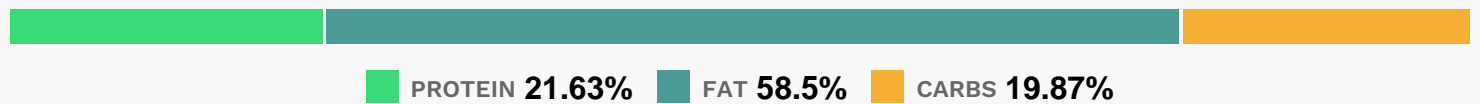
Equipment

- oven
- knife
- whisk
- mixing bowl
- casserole dish
- colander

Directions

- Toss the zucchini and salt together and place into a colander set in the sink. Allow to drain for 1 hour, then squeeze the liquid out of the zucchini, and set aside.
- Preheat oven to 350 degrees F (175 degrees C). Prepare a 1 1/2 quart casserole dish with the melted butter.
- Whisk the eggs in a mixing bowl with the pepper, garlic powder, and parsley. Stir in the zucchini, Monterey Jack cheese, and baking mix until combined.
- Pour into the prepared casserole dish.
- Bake, uncovered, in the preheated oven until set and golden brown on top, 45 minutes to 1 hour. The souffle is done when a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:9.548260792442%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 186.1kcal (9.31%), Fat: 12.19g (18.76%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.26g (3%), Sugar: 3.44g (3.82%), Cholesterol: 131.1mg (43.7%), Sodium: 788.41mg (34.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Phosphorus: 232.52mg (23.25%), Vitamin B2: 0.33mg (19.41%), Calcium: 189.19mg (18.92%), Selenium: 12.69µg (18.13%), Vitamin C: 14.83mg (17.98%), Folate: 49.63µg (12.41%), Vitamin A: 527.58IU (10.55%), Vitamin B6: 0.21mg (10.42%), Manganese: 0.2mg (9.91%), Zinc: 1.27mg (8.49%), Potassium: 289.87mg (8.28%), Vitamin B12: 0.46µg (7.67%), Vitamin B5: 0.75mg (7.5%), Vitamin B1: 0.11mg (7.31%), Iron: 1.24mg (6.92%), Magnesium: 26.18mg (6.55%), Vitamin K: 5.05µg (4.81%), Vitamin D: 0.7µg (4.66%), Copper: 0.09mg (4.38%), Vitamin B3: 0.87mg (4.34%), Fiber: 1.05g (4.22%), Vitamin E: 0.52mg (3.5%)