



Zucchini Stuffed with Pinenuts and Herbed Basmati Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- 1 cup brown rice cooked
- 2 tablespoons mint leaves fresh minced
- 2 tablespoons parsley fresh minced
- 2 cloves garlic minced
- 1 tsp lemon zest grated
- 2 tablespoons meyer lemon juice fresh
- 0.5 large onion minced

- 1 tablespoon oregano fresh minced
- 6 servings pepper fresh
- 0.3 cup pinenuts
- 0.5 tsp salt
- 6 small zucchini

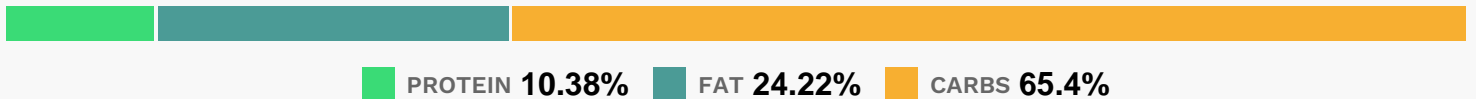
Equipment

- broiler

Directions

- Add the pine nuts and stir and cook another two minutes.
- Remove from the heat and stir in the rice and remaining ingredients. Use a small spoon to fill the hollowed zucchini with the rice mixture. Work from both ends, making sure zucchinis are completely filled.
- Brush or spray them quickly with a small amount of olive oil, and place them in a dish under a preheated broiler for 10–15 minutes, watching carefully and turning regularly, until tender and lightly charbroiled.

Nutrition Facts



Properties

Glycemic Index:37.54, Glycemic Load:14.31, Inflammation Score:-8, Nutrition Score:15.632608838703%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg, Apigenin: 2.96mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 184.48kcal (9.22%), Fat: 5.17g (7.96%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 28.13g (10.23%), Sugar: 3.88g (4.32%), Cholesterol: 0mg (0%), Sodium: 206.84mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Manganese: 2mg (99.98%), Vitamin K: 35.38µg (33.7%), Vitamin C: 27.1mg (32.84%), Magnesium: 86.93mg (21.73%), Vitamin B6: 0.4mg (20.08%), Phosphorus: 169.85mg (16.99%), Vitamin B1: 0.22mg (14.52%), Potassium: 483.71mg (13.82%), Fiber: 3.29g (13.17%), Copper: 0.25mg (12.39%), Folate: 45.98µg (11.49%), Vitamin B3: 2.26mg (11.28%), Iron: 1.86mg (10.31%), Zinc: 1.47mg (9.82%), Vitamin B2: 0.15mg (9%), Vitamin A: 436.29IU (8.73%), Vitamin B5: 0.78mg (7.81%), Vitamin E: 0.84mg (5.61%), Calcium: 55.19mg (5.52%)