

# Zucchini Tomato Casserole

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup breadcrumbs soft
- 4 tablespoons butter melted
- 1 teaspoon basil dried
- 2 tablespoons dehydrated onion dried minced
- 1 tablespoon parsley dried
- 2 eggs beaten
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper

- 1 cup processed cheese food cubed (Velveeta)
- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded
- 2 medium tomatoes diced
- 6 cups zucchini diced

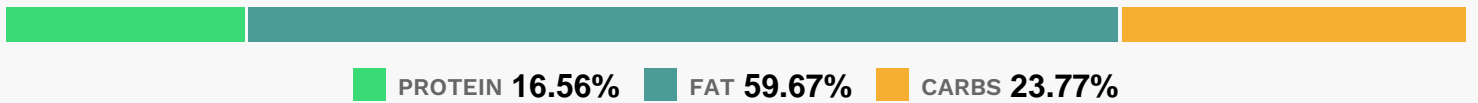
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- In a large skillet, saute zucchini in 2 tablespoons butter until crisp-tender; drain well. In a bowl, combine the remaining ingredients. Stir in the zucchini and remaining butter.
- Transfer to an ungreased 2-qt. baking dish.
- Bake, uncovered, at 350° for 25-30 minutes or until bubbly.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:13.543043260989%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 269.67kcal (13.48%), Fat: 18.21g (28.02%), Saturated Fat: 10.08g (63.01%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 14.14g (5.14%), Sugar: 4.95g (5.5%), Cholesterol: 87.64mg (29.21%), Sodium: 700.52mg (30.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Calcium: 343.24mg (34.32%), Phosphorus: 271.74mg (27.17%), Vitamin C: 22.11mg (26.8%), Selenium: 14.73µg (21.05%), Manganese: 0.41mg (20.38%), Vitamin A: 990.57IU (19.81%), Vitamin B2: 0.31mg (18.41%), Vitamin K: 14.43µg (13.74%), Vitamin B1: 0.2mg (13.54%), Folate: 54.16µg (13.54%), Vitamin B6: 0.26mg (12.9%), Potassium: 427.14mg (12.2%), Zinc: 1.7mg (11.36%), Magnesium: 39.17mg (9.79%), Vitamin B12: 0.57µg (9.5%), Iron: 1.62mg (8.98%), Fiber: 2.18g (8.74%), Vitamin B3: 1.58mg (7.88%), Copper: 0.14mg (6.75%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.41µg (2.73%)