

Zucchini Treats

Most Loved Appetizers
Company's Coming Publishing Limited

Yield: 54 squares

4 large eggs, fork-beaten
1/2 cup onion, finely chopped
1/2 cup Parmesan cheese, grated
1/2 cup cooking oil
1 teaspoon parsley flakes
1/2 teaspoon salt
1/2 teaspoon celery salt
1/2 teaspoon dried whole oregano
1/4 teaspoon garlic powder
1 cup biscuit mix
3 1/2 cups thinly sliced zucchini
(with peel)
1/4 cup Parmesan cheese, grated

Bake: 30 minutes

Preheat the oven to 350 degrees.

In a medium bowl, place the eggs, onion, Parmesan, oil, parsley, salt, celery salt, oregano and garlic powder. Beat well.

Add the biscuit mix and the zucchini. Stir well. Turn into a greased 13x9-inch pan. Sprinkle with 1/4 cup of Parmesan.

Bake for about 30 minutes until browned.

Per Serving (excluding unknown items): 2085 Calories; 166g Fat (71.5% calories from fat); 61g Protein; 88g Carbohydrate; 4g Dietary Fiber; 898mg Cholesterol; 4789mg Sodium. Exchanges: 5 Grain(Starch); 6 1/2 Lean Meat; 1 1/2 Vegetable; 28 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2085
% Calories from Fat:	71.5%
% Calories from Carbohydrates:	16.8%
% Calories from Protein:	11.7%
Total Fat (g):	166g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	49g
Polyunsaturated Fat (g):	70g
Cholesterol (mg):	898mg
Carbohydrate (g):	88g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	3.9mcg
Thiamin B1 (mg):	.9mg
Riboflavin B2 (mg):	1.6mg
Folacin (mcg):	128mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 61g
Sodium (mg): 4789mg
Potassium (mg): 673mg
Calcium (mg): 1179mg
Iron (mg): 8mg
Zinc (mg): 5mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 1453IU
Vitamin A (r.e.): 414RE

Grain (Starch): 5
Lean Meat: 6 1/2
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 28 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2085 **Calories from Fat:** 1490

% Daily Values*

Total Fat 166g	255%
Saturated Fat 37g	183%
Cholesterol 898mg	299%
Sodium 4789mg	200%
Total Carbohydrates 88g	29%
Dietary Fiber 4g	18%
Protein 61g	
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Vitamin A	29%
Vitamin C	10%
Calcium	118%
Iron	44%

* Percent Daily Values are based on a 2000 calorie diet.