

Zucchini-Parmesan Bake

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Taste of Home Magazine - Feb/ Mar 2014

Servings: 6

3 eggs
1/2 cup canola oil
3 cups (about 1 pound) zucchini,
shredded
1 cup reduced-fat biscuit/ baking
mix
1/2 cup Parmesan cheese, shredded

Preheat the oven to 375.

In a large bowl, whisk the eggs and oil until blended. Stir in the remaining ingredients. Transfer the mixture to a greased ten-inch ovenproof skillet.

Bake for 25 to 30 minutes or until golden brown.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 242 Calories; 23g Fat (83.3% calories from fat); 7g Protein; 3g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 162mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 4 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	242
% Calories from Fat:	83.3%
% Calories from Carbohydrates:	5.3%
% Calories from Protein:	11.4%
Total Fat (g):	23g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	111mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	162mg
Potassium (mg):	284mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	34mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1/2
Fruit:	0

Calcium (mg): 119mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 502IU
Vitamin A (r.e.): 82 1/2RE

Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 242 Calories from Fat: 201

% Daily Values*

Total Fat	23g	35%
Saturated Fat	3g	17%
Cholesterol	111mg	37%
Sodium	162mg	7%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	5%
Protein	7g	

Vitamin A	10%
Vitamin C	15%
Calcium	12%
Iron	5%

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