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## Zucchini Spears with Parmesan ·♦

Zucchini Spears with Parmesan is a delicious vegetarian recipe that can be enjoyed as a side dish or a snack. The zucchini spears are coated in a crispy Parmesan crust and baked to perfection. This recipe is a great way to incorporate more vegetables into your diet and is perfect for those who are looking for a tasty and healthy alternative to traditional fried snacks.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	zucchini
100 g	parmesan cheese
100 g	bread crumbs
1 tsp	garlic powder

<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the zucchini into spears.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, mix together the Parmesan cheese, bread crumbs, garlic powder, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Coating

Dip each zucchini spear into the olive oil, then coat it with the Parmesan mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Plating

Place the coated zucchini spears on a baking sheet lined with parchment paper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake in the preheated oven for 20 minutes, or until the zucchini spears are golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## Nutrition Facts

Calories: 180 kcal

Fat: 8 g

Protein: 10 g

Carbohydrates: 17 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	17 g	30.91%	34%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	8 g	28.57%	32%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	25 mg	2.5%	2.5%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Picnic

### Course

Snacks Sauces & Dressings

### Cooking Method

Steaming

Simmering

Cut

Resting

Serving

Cooking

Stir-frying

Preheating

Heating

Refrigerating

Preparation

Oven

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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