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Easy Dinner Parmesan Zucchini ✦

This easy dinner recipe features delicious Parmesan zucchini. It is a quick and healthy option for a weeknight meal. The zucchini is coated in Parmesan cheese and baked until crispy and golden. It can be served as a side dish or a main course. Enjoy!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	zucchini
100 g	parmesan cheese
2 tbsp	Olive oil
1 tsp	garlic powder
1 tsp	salt

0.5 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the zucchini into thick slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the Parmesan cheese, garlic powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Brushing

Brush the zucchini slices with olive oil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Coating

Coat the zucchini slices with the Parmesan cheese mixture.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Plating

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 15-20 minutes, or until the zucchini is crispy and golden.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Serving

Serve hot as a side dish or a main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Protein

Cuisines

Italian

Chinese

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Salads

Snacks

Cultural

Chinese New Year

Difficulty Level

Easy

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