

# Zucchini Grinders

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/maine-italian-sandwich-roll-recipe>

## Ingredients:

- 1 tablespoon butter
- 2 zucchini medium, cubed
- 1 pinch red pepper flakes
- salt
- pepper
- 1 cup tomato Classico®, and Basil Sauce
- 1 1/2 cups shredded mozzarella cheese
- 4 italian sandwich rolls or, 6 inch French, split

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 40 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 7 grams
8. Sodium: 490 milligrams
9. Sugar: 5 grams

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