

Stuffed Zucchini Flowers

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-flowers-indian-recipe>

Ingredients:

- 8 zucchini flowers
- 1 zucchini small green
- 1/2 Italian eggplant small
- 1/2 yellow onion
- 1/2 red pepper
- 1 inch fresh ginger root
- 2 garlic cloves
- 11 ounces cherry tomatoes
- salt
- pepper
- olive oil
- 7 sage leaves chopped
- 1 tablespoon tarragon chopped
- 1 tablespoon parsley chopped
- 1 cup ricotta

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 260 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Stuffed Zucchini Flowers above. You can see more 20 zucchini flowers indian recipe You must try them! to get more great cooking ideas.