

Italian Stuffed Courgettes

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-courgettes-recipe>

Ingredients:

- 4 courgettes halved lengthways
- 3 teaspoons extra-virgin olive oil
- mixed salad to serve
- 7 3/8 tablespoons breadcrumbs dried white
- 5 15/16 tablespoons pine nuts
- 6 spring onions trimmed and finely sliced
- 1 garlic clove crushed
- 6 sundried tomatoes in oil drained
- 1 tablespoon thyme leaf
- 4 tablespoons Parmesan or vegetarian alternative, finely grated

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 2 grams
8. Sodium: 210 milligrams
9. Sugar: 8 grams

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