

Italian Zucchini Roll-Ups

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 zucchini large
- 1/4 yellow onion minced
- 1/2 red bell pepper minced
- 2 cloves garlic minced
- 1 cup ricotta cheese
- 1/2 cup shredded mozzarella cheese plus 1/2 c for topping
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1/4 cup fresh basil chopped, plus 1/4 c for garnish
- 2 cups marinara
- crushed red pepper flakes optional
- dried oregano optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 7 grams
6. Protein: 14 grams
7. SaturatedFat: 8 grams
8. Sodium: 1270 milligrams
9. Sugar: 16 grams

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