

Parmesan Encrusted Zucchini

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-similar-to-flatbread-crisps-italian-herb>

Ingredients:

- 4 zucchini medium, about 8-10 inches long
- olive oil for misting zucchini, and for mixing with butter if desired
- 1 teaspoon Italian herbs or your favorite seasoning blend
- 2 tablespoons butter melted
- 3/4 cup grated Parmesan cheese coarsely, more or less to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 30 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 8 grams
8. Sodium: 340 milligrams
9. Sugar: 6 grams

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