

# Spicy Italian Stuffed Zucchini Boats

Yield: 3 min  
Total Time: 55 min

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

## Ingredients:

- 2 zucchini medium
- 2 garlic cloves minced
- 1 tomato medium, seeded and finely chopped
- 1/2 cup fresh mushrooms finely chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons olive oil
- 3/4 cup shredded Parmesan cheese divided
- 2 teaspoons fresh basil chopped

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 10 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 350 milligrams
9. Sugar: 6 grams

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