

Baked Zucchini Fries

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 3 zucchini small, around 1 lb.
- 1/4 cup grated Parmesan cheese
- 1 packet coating mix Shake & Bake
- salt to taste
- 2 eggs lightly beaten
- 1/4 cup water
- 1/2 cup all purpose flour

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 110 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 2 grams
8. Sodium: 340 milligrams
9. Sugar: 5 grams

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