

# Roasted Parmesan Zucchini Sticks

<b>Servings:</b>	6.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53980

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ZUCCHINI	1 1/2 Pound		100019
CHEESE PARM GRTD	1/4 Cup		445401
SEASONING PIZZA ITAL MIX	1 Tablespoon		413461
OIL BLND SOY/POM OLV 90/10	2 Tablespoon		524948

## Preparation Instructions

Pre Heat oven to 425F

Wash and cut both ends off zucchini, cut into 4 wedges then cut those in half

One zucchini should give you 8 pc.

Toss in oil, parmesan and Italian seasoning.

spray sheet pan with non stick spray

Spread in single layer

Roast for 20-25 minutes

6 sticks a serving.

Updated 7.28.25 JSH

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 6.00

Serving Size: 6.00 Piece

Amount Per Serving	
<b>Calories</b>	81.30
<b>Fat</b>	6.61g
<b>Saturated Fat</b>	1.82g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	159.02mg
<b>Carbohydrates</b>	3.22g
<b>Fiber</b>	1.34g
<b>Total Sugar</b>	2.97g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.49g
<b>Vitamin A</b> 1492.87mcg RAE	<b>Vitamin C</b> 17.24mg
<b>Calcium</b> 72.06mg	<b>Iron</b> 0.64mg

## Nutrition - Per 100g

<b>Calories</b>	68.67
<b>Fat</b>	5.58g
<b>Saturated Fat</b>	1.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	134.31mg
<b>Carbohydrates</b>	2.72g
<b>Fiber</b>	1.13g
<b>Total Sugar</b>	2.51g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.94g
<b>Vitamin A</b> 1260.87mcg RAE	<b>Vitamin C</b> 14.56mg
<b>Calcium</b> 60.87mg	<b>Iron</b> 0.54mg