



Asian-Style Zucchini

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 teaspoon butter
- 4 servings garlic powder to taste
- 4 servings ground pepper black to taste
- 2 tablespoons sesame seed
- 2 tablespoons soya sauce divided
- 1 large zucchini halved lengthwise cut into 1 inch slices

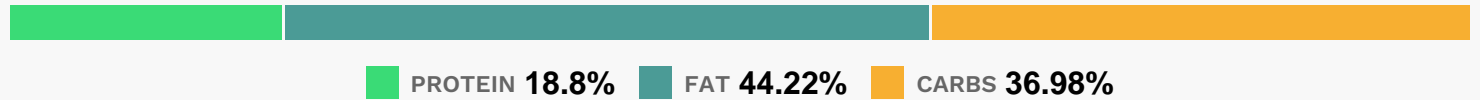
Equipment

- frying pan

Directions

- Melt the butter in a skillet over medium heat. Stir in the zucchini, and cook until lightly browned.
- Sprinkle with soy sauce and sesame seeds. Season with garlic powder and pepper, and continue cooking until zucchini is well coated and tender.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.59, Inflammation Score:-4, Nutrition Score:6.2378260587221%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 61.19kcal (3.06%), Fat: 3.29g (5.07%), Saturated Fat: 1g (6.24%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.26g (2.51%), Cholesterol: 2.69mg (0.9%), Sodium: 519.5mg (22.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Vitamin C: 14.49mg (17.56%), Manganese: 0.33mg (16.42%), Copper: 0.24mg (11.78%), Vitamin B6: 0.23mg (11.56%), Magnesium: 34.68mg (8.67%), Potassium: 285.98mg (8.17%), Phosphorus: 80.42mg (8.04%), Iron: 1.27mg (7.08%), Folate: 26.34µg (6.59%), Fiber: 1.65g (6.59%), Vitamin B2: 0.1mg (6.14%), Vitamin B1: 0.09mg (5.77%), Calcium: 56.83mg (5.68%), Zinc: 0.7mg (4.66%), Vitamin B3: 0.93mg (4.63%), Vitamin A: 193.64IU (3.87%), Vitamin K: 3.74µg (3.56%), Selenium: 2.34µg (3.35%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.16mg (1.05%)