



## Baby Zucchini Sauté with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

### Ingredients

- ☐ 3 pounds baby zucchini trimmed halved lengthwise
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup mint leaves chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 10 servings salt and pepper freshly ground

### Equipment

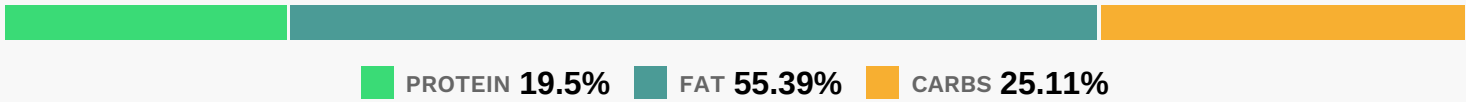
- ☐ bowl

☐ frying pan

## Directions

- ☐ In a large skillet, heat the olive oil.
- ☐ Add the garlic and cook over moderate heat until fragrant but not browned, about 30 seconds.
- ☐ Add the zucchini, season with salt and pepper and cook over moderately high heat, stirring occasionally, until crisp-tender, about 8 minutes.
- ☐ Add the lemon juice and transfer the zucchini to a bowl. Stir in the mint and serve.

## Nutrition Facts



## Properties

Glycemic Index:3, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:8.8643478155136%

## Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 68.19kcal (3.41%), Fat: 4.77g (7.34%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.23g (1.17%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 198.52mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin C: 48.71mg (59.05%), Potassium: 639.05mg (18.26%), Vitamin A: 730.8IU (14.62%), Manganese: 0.29mg (14.52%), Phosphorus: 128.47mg (12.85%), Magnesium: 46.46mg (11.61%), Vitamin B6: 0.2mg (10.05%), Zinc: 1.15mg (7.68%), Folate: 29.83µg (7.46%), Copper: 0.14mg (6.93%), Iron: 1.19mg (6.58%), Fiber: 1.64g (6.55%), Vitamin B5: 0.51mg (5.12%), Vitamin B3: 0.99mg (4.96%), Vitamin E: 0.61mg (4.08%), Vitamin B1: 0.06mg (4%), Calcium: 33.2mg (3.32%), Vitamin B2: 0.05mg (3.18%), Vitamin K: 2.53µg (2.41%)