



## Carrot Zucchini Saute

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

### Ingredients

- 1 tablespoon balsamic vinegar
- 1 pound carrots cut into 2-inch julienne strips
- 0.5 teaspoon seasoning italian
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 0.8 pound zucchini cut into 2-inch julienne strips

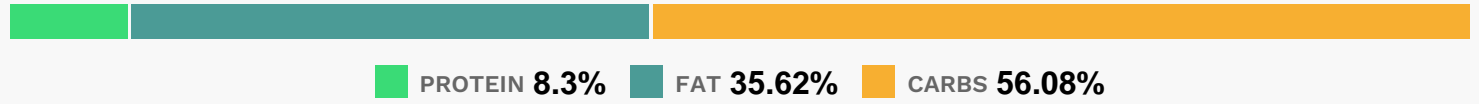
### Equipment

- frying pan

## Directions

- In a large nonstick skillet, saute carrots in oil for 10 minutes.
- Add zucchini; saute 10 minutes longer or until vegetables are crisp-tender.
- Sprinkle with vinegar, Italian seasoning and salt; toss.

## Nutrition Facts



## Properties

Glycemic Index:19.47, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:10.007391298595%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 64.05kcal (3.2%), Fat: 2.7g (4.16%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 251.19mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Vitamin A: 12745.76IU (254.92%), Vitamin C: 14.61mg (17.71%), Vitamin K: 14.86µg (14.15%), Potassium: 395.05mg (11.29%), Manganese: 0.22mg (11.04%), Fiber: 2.75g (11.02%), Vitamin B6: 0.2mg (9.92%), Folate: 28.37µg (7.09%), Vitamin E: 0.93mg (6.22%), Vitamin B2: 0.1mg (5.77%), Vitamin B1: 0.08mg (5.05%), Vitamin B3: 1.01mg (5.03%), Magnesium: 20.05mg (5.01%), Phosphorus: 48.76mg (4.88%), Calcium: 37.54mg (3.75%), Copper: 0.07mg (3.3%), Vitamin B5: 0.32mg (3.24%), Iron: 0.53mg (2.95%), Zinc: 0.37mg (2.47%)