



Carrot, Zucchini, Squash Ribbons



Vegetarian



Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 large carrots peeled
- ☐ 2 tablespoons parsley leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 juice of lime juiced
- ☐ 0.5 teaspoon salt
- ☐ 3 large baby squash yellow peeled

☐ 3 large zucchini peeled

Equipment

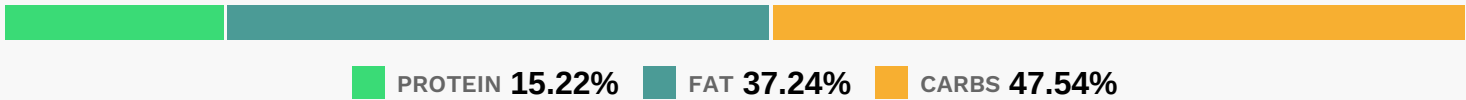
☐ frying pan

☐ mandoline

Directions

- ☐ Cut carrots, zucchini, and squash into thin ribbons with a mandoline slicer.
- ☐ In a large skillet, melt butter over medium-high heat.
- ☐ Add garlic and cook for 2 minutes.
- ☐ Add carrot ribbons. Toss in zucchini and squash ribbons, salt, pepper, parsley and lime juice. Cook for 6 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:19.713478197222%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 99.4kcal (4.97%), Fat: 4.67g (7.18%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 9.25g (3.37%), Sugar: 8.8g (9.77%), Cholesterol: 10.03mg (3.34%), Sodium: 257.49mg (11.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin A: 4886.18IU (97.72%), Vitamin C: 60.61mg (73.47%), Vitamin K: 37.32µg (35.54%), Vitamin B6: 0.66mg (33.17%), Manganese: 0.63mg (31.66%), Potassium: 938.03mg (26.8%), Vitamin B2: 0.4mg (23.5%), Folate: 92.62µg (23.15%), Fiber: 4.16g (16.64%), Magnesium: 60.76mg (15.19%), Phosphorus: 135.04mg (13.5%), Vitamin B1: 0.17mg (11.34%), Copper: 0.19mg (9.28%), Vitamin B3: 1.78mg (8.91%), Iron: 1.35mg (7.49%), Zinc: 1.08mg (7.18%), Vitamin B5: 0.67mg (6.66%),

Calcium: 63.59mg (6.36%), Vitamin E: 0.67mg (4.48%), Selenium: 0.87µg (1.24%)