



Chinese Braised Zucchini

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 tablespoon black bean garlic sauce chinese
- 1 tablespoon ginger fresh minced
- 3 cloves garlic minced
- 2 tablespoons sesame oil
- 1 tablespoon soya sauce
- 2 thai chile seeded chopped
- 0.3 cup water
- 1 small onion diced yellow

4 zucchini cut into 1/2-inch slices

Equipment

frying pan

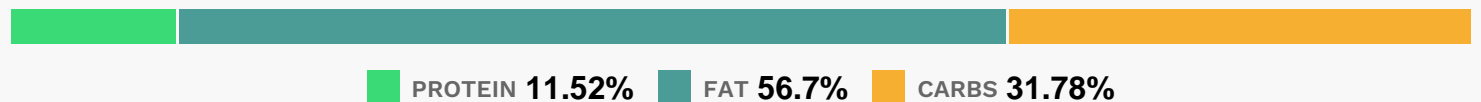
wok

Directions

Heat the sesame oil in a wok or large skillet over medium-high heat. Stir fry the onion and garlic in the hot oil until the onion begins to soften, about 2 minutes. Stir in the black bean sauce and chile peppers, and continue stir frying about 30 seconds to coat the onions with the black bean sauce.

Stir in the zucchini, ginger, soy sauce, and water. Cover, reduce the heat to medium-low, and cook for 15 minutes until the zucchini is soft, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:9.5856520611307%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 115.01kcal (5.75%), Fat: 7.78g (11.97%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 7.2g (2.62%), Sugar: 6.27g (6.97%), Cholesterol: 0mg (0%), Sodium: 269.32mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin C: 40.81mg (49.46%), Manganese: 0.44mg (21.86%), Vitamin B6: 0.38mg (19.22%), Potassium: 568.03mg (16.23%), Folate: 51.78µg (12.94%), Vitamin B2: 0.2mg (11.78%), Fiber: 2.61g (10.44%), Magnesium: 40.67mg (10.17%), Vitamin K: 9.7µg (9.24%), Phosphorus: 90.13mg (9.01%), Vitamin A: 410.24IU (8.2%), Vitamin B1: 0.11mg (7.01%), Copper: 0.13mg (6.62%), Vitamin B3: 1.13mg (5.63%), Iron: 1.01mg (5.62%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.46mg (4.56%), Calcium: 41.35mg (4.14%), Vitamin E: 0.35mg (2.36%), Selenium: 0.85µg (1.22%)