



 **60%**
HEALTH SCORE

Dilled Zucchini and Sun-Dried Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



8 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- 0.3 cup dillweed fresh chopped
- 0.3 teaspoon ground pepper black
- 0.5 teaspoon ground pepper red
- 1 tablespoon rice vinegar
- 0.1 teaspoon salt
- 6 sun-dried tomatoes
- 0.5 cup water boiling
- 2 pounds zucchini very thin cut into strips

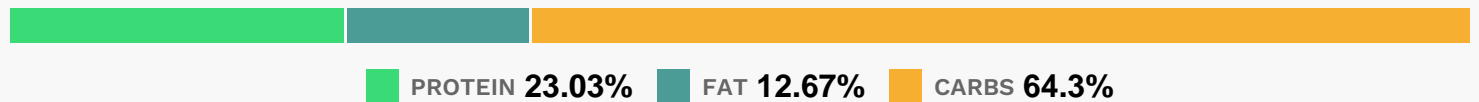
Equipment

- bowl
- steamer basket

Directions

- Combine tomatoes and boiling water in a small bowl; let stand 5 minutes.
- Drain and chop.
- While tomatoes soften, arrange zucchini in a steamer basket over boiling water. Cover and steam 3 minutes.
- Combine tomato, zucchini, dillweed, and remaining ingredients in a large bowl, tossing gently.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:12.795652311781%

Flavonoids

Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 57.02kcal (2.85%), Fat: 1g (1.55%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 8.3g (3.02%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 84.29mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin C: 32.9mg (39.88%), Manganese: 0.71mg (35.47%), Iron: 5.57mg (30.96%), Potassium: 793.85mg (22.68%), Vitamin B6: 0.43mg (21.3%), Calcium: 203.65mg (20.37%), Vitamin A: 966.36IU (19.33%), Magnesium: 76.18mg (19.04%), Fiber: 3.17g (12.66%), Phosphorus: 118.83mg (11.88%), Vitamin B2: 0.18mg (10.68%), Folate: 37.84µg (9.46%), Copper: 0.16mg (8.1%), Vitamin B1: 0.12mg (8.03%), Vitamin K: 7.63µg (7.27%), Vitamin B3: 1.16mg (5.78%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.35mg (3.51%), Vitamin E: 0.23mg (1.55%)