

Zucchini and Eggs

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- 4 eggs lightly beaten
- 4 servings garlic powder to taste
- 4 servings pepper black to taste
- 2 tablespoons olive oil
- 2 tablespoons parmesan cheese grated
- 1 zucchini sliced

Equipment

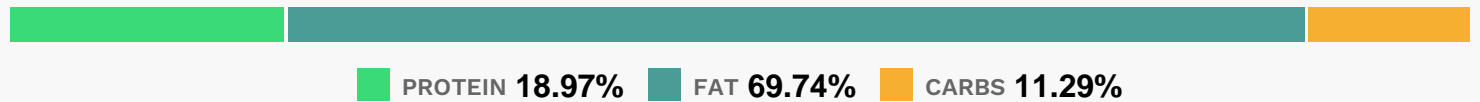
- bowl

frying pan

Directions

- Stir the eggs and Parmesan cheese together in a bowl; set aside.
- Heat the olive oil in a large skillet over medium–high heat; cook the zucchini in the hot oil until softened and lightly browned, about 7 minutes. Season the zucchini with garlic powder, salt, and pepper. Reduce heat to medium; pour the egg mixture into the skillet. Cook, stirring gently, for about 3 minutes.
- Remove the skillet from the heat and cover. Keep covered off the heat until the eggs set, about 2 minutes more.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:7.5417391165443%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 153.84kcal (7.69%), Fat: 12.07g (18.56%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.46g (1.63%), Cholesterol: 165.85mg (55.28%), Sodium: 112.11mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Selenium: 15.2µg (21.72%), Vitamin B2: 0.26mg (15.3%), Phosphorus: 134.17mg (13.42%), Vitamin C: 8.81mg (10.68%), Vitamin E: 1.56mg (10.42%), Vitamin B6: 0.21mg (10.33%), Folate: 34.02µg (8.5%), Vitamin B5: 0.81mg (8.06%), Manganese: 0.14mg (7.16%), Vitamin A: 357.77IU (7.16%), Vitamin B12: 0.43µg (7.09%), Potassium: 230.4mg (6.58%), Iron: 1.18mg (6.56%), Vitamin K: 6.67µg (6.35%), Zinc: 0.92mg (6.16%), Vitamin D: 0.89µg (5.95%), Calcium: 57.46mg (5.75%), Magnesium: 17.46mg (4.36%), Copper: 0.08mg (3.8%), Vitamin B1: 0.05mg (3.57%), Fiber: 0.79g (3.14%), Vitamin B3: 0.28mg (1.4%)