



Freckled Zucchini with Lemon-Dill Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons yogurt plain fat-free
- ☐ 1.5 teaspoons optional: dill fresh chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons cup heavy whipping cream sour low-fat
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vegetable oil divided
- ☐ 4 medium zucchini cut lengthwise into 1/4-inch-thick slices (1 1/2 pounds)

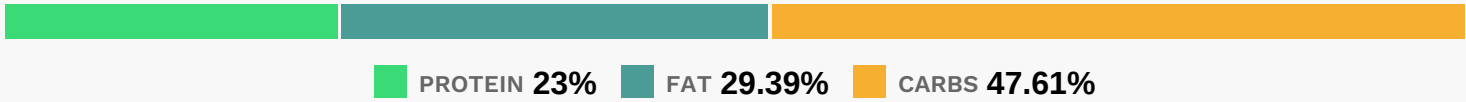
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Heat 1/2 teaspoon oil in a 12-inch cast-iron skillet over high heat.
- ☐ Add half of zucchini slices; cook 2 minutes on each side or until browned.
- ☐ Remove zucchini from skillet; keep warm. Repeat procedure with 1/2 teaspoon oil and remaining zucchini slices.
- ☐ Serve with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:9.7613043299188%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 68.52kcal (3.43%), Fat: 2.45g (3.76%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 6.95g (2.53%), Sugar: 7.25g (8.05%), Cholesterol: 2.7mg (0.9%), Sodium: 116.47mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin C: 35.92mg (43.54%), Manganese: 0.35mg (17.46%), Potassium: 602.36mg (17.21%), Vitamin B6: 0.34mg (16.86%), Vitamin B2: 0.26mg (15.41%), Folate: 51.61µg (12.9%), Phosphorus: 125.96mg (12.6%), Magnesium: 41.68mg (10.42%), Vitamin K: 10.59µg (10.08%), Calcium: 99.72mg (9.97%), Vitamin A: 416.75IU (8.33%), Fiber: 1.96g (7.86%), Vitamin B1: 0.11mg (7.02%), Zinc: 0.95mg (6.33%), Vitamin B5: 0.59mg (5.94%), Copper: 0.11mg (5.48%), Vitamin B3: 0.93mg (4.64%), Iron: 0.76mg (4.23%), Vitamin B12: 0.21µg (3.47%), Selenium: 1.66µg (2.37%), Vitamin E: 0.35mg (2.31%)