



Herbed Carrots and Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- 1 cup carrots sliced
- 4 medium zucchini cut into julienne strips (3 cups)
- 1 tablespoon sage dried fresh chopped
- 1 teaspoon dill dried fresh chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon vegetable oil
- 2 teaspoons juice of lemon

Equipment

- frying pan
- sauce pan
- steamer basket

Directions

- In 2-quart saucepan, place steamer basket; add 1/2 inch water to saucepan (water should not touch bottom of basket).
- Place carrots in basket. Cover tightly; heat to boiling. Reduce heat; steam carrots 3 minutes.
- Add zucchini; steam 4 to 6 minutes longer or until carrots and zucchini are crisp-tender.
- In 12-inch skillet, heat oil over medium heat. Stir in carrots, zucchini and remaining ingredients. Cook uncovered 2 to 3 minutes, stirring gently, until hot.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:18.593478228735%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 80.17kcal (4.01%), Fat: 4.2g (6.46%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 6.77g (2.46%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 183.75mg (7.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.61%), Copper: 4.67mg (233.43%), Vitamin A: 5753.38IU (115.07%), Vitamin C: 38.06mg (46.14%), Manganese: 0.57mg (28.42%), Vitamin B6: 0.37mg (18.47%), Vitamin K: 19.11µg (18.2%), Potassium: 632.89mg (18.08%), Folate: 53.64µg (13.41%), Fiber: 3.04g (12.15%), Vitamin B2: 0.21mg (12.12%), Magnesium: 43.17mg (10.79%), Phosphorus: 87.99mg (8.8%), Vitamin B1: 0.12mg (7.7%), Iron: 1.13mg (6.26%), Vitamin B3: 1.21mg (6.05%), Calcium: 57.01mg (5.7%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.49mg (4.92%), Vitamin E:

0.73mg (4.86%)