



WHATSheATE



Hot marinated courgettes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients



6 baby zucchini



4 servings cooking oil



4 large basil



2 olives black pitted chopped

Equipment

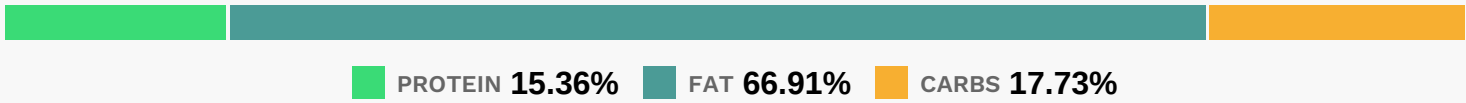


frying pan

Directions

- ☐ Can be made earlier in the day. Slice the courgettes into halves lengthwise, or quarter 4 medium ones.
- ☐ Heat a little oil in a frying pan and put the courgettes in, cut-side down. Cook for 3 mins until lightly browned, then flip over and remove the pan from the heat. Stack the basil leaves on top of each other and slice thinly into shreds.
- ☐ Sprinkle the courgettes with a little more oil and scatter the black olives and the basil shreds. Marinate until cooled.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:17.95000016171%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 188.49kcal (9.42%), Fat: 15.48g (23.82%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 5.92g (2.15%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 40.04mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Vitamin C: 100.33mg (121.61%), Potassium: 1351.48mg (38.61%), Vitamin A: 1469.56IU (29.39%), Manganese: 0.58mg (29.04%), Phosphorus: 273.72mg (27.37%), Magnesium: 97.5mg (24.37%), Vitamin B6: 0.42mg (20.94%), Vitamin E: 2.53mg (16.86%), Zinc: 2.44mg (16.29%), Folate: 59.13µg (14.78%), Copper: 0.29mg (14.46%), Fiber: 3.31g (13.23%), Iron: 2.35mg (13.03%), Vitamin K: 11.67µg (11.11%), Vitamin B5: 1.08mg (10.8%), Vitamin B3: 2.08mg (10.41%), Vitamin B1: 0.12mg (8.27%), Calcium: 63.49mg (6.35%), Vitamin B2: 0.11mg (6.25%), Selenium: 0.9µg (1.29%)