



HEALTH SCORE

68%

Low Carb Zucchini Pasta

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular  Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup water
- ☐ 2 zucchinis peeled

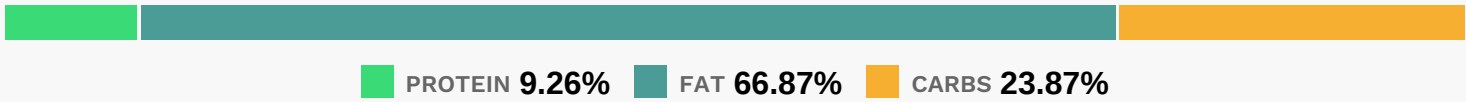
Equipment

- ☐ frying pan
- ☐ peeler

Directions

- ☐ Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Turn zucchini over and continue 'peeling' until all the zucchini is in long strips; discard seeds. Slice the zucchini into thinner strips resembling spaghetti.
- ☐ Heat olive oil in a skillet over medium heat; cook and stir zucchini in the hot oil for 1 minute.
- ☐ Add water and cook until zucchini is softened, 5 to 7 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:17.217826340509%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 190.65kcal (9.53%), Fat: 15.26g (23.47%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 8.31g (3.02%), Sugar: 9.8g (10.89%), Cholesterol: 0mg (0%), Sodium: 34.62mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin C: 70.17mg (85.05%), Manganese: 0.71mg (35.33%), Vitamin B6: 0.64mg (31.96%), Potassium: 1024.59mg (29.27%), Vitamin K: 25.45µg (24.24%), Folate: 94.1µg (23.52%), Vitamin B2: 0.37mg (21.69%), Magnesium: 71.32mg (17.83%), Vitamin E: 2.49mg (16.58%), Fiber: 3.95g (15.78%), Vitamin A: 784.55IU (15.69%), Phosphorus: 149.12mg (14.91%), Vitamin B1: 0.18mg (11.77%), Copper: 0.22mg (10.93%), Vitamin B3: 1.77mg (8.85%), Iron: 1.54mg (8.55%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.8mg (8.01%), Calcium: 65.08mg (6.51%), Selenium: 0.79µg (1.13%)