



Marinated Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients

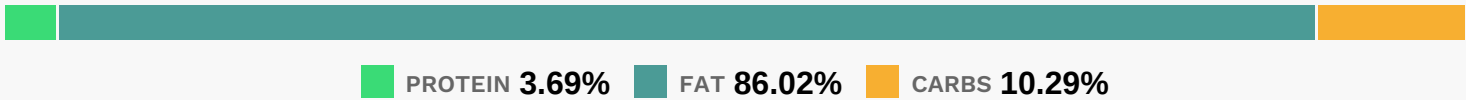
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon pepper
- ☐ 1 tablespoon vinegar
- ☐ 3 cups zucchini coarsely chopped

Equipment

Directions

- ☐ Cook zucchini in boiling salted water to cover 3 to 5 minutes or until al dente.
- ☐ Drain.
- ☐ Toss zucchini with remaining ingredients.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.45, Inflammation Score:-4, Nutrition Score:6.3165217378865%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 140.5kcal (7.03%), Fat: 13.94g (21.44%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.59g (0.94%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 9.46mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin K: 29.69µg (28.28%), Vitamin C: 18.28mg (22.15%), Vitamin E: 2.09mg (13.92%), Manganese: 0.26mg (13.09%), Vitamin B6: 0.17mg (8.28%), Potassium: 267.6mg (7.65%), Folate: 24.06µg (6.01%), Vitamin A: 286.14IU (5.72%), Vitamin B2: 0.09mg (5.41%), Magnesium: 20.18mg (5.04%), Iron: 0.88mg (4.88%), Fiber: 1.16g (4.64%), Phosphorus: 40.56mg (4.06%), Copper: 0.06mg (3.22%), Vitamin B1: 0.05mg (3.2%), Calcium: 24.93mg (2.49%), Vitamin B3: 0.47mg (2.34%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.21mg (2.06%)