



Nutmeg Zucchini

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



68 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon ground nutmeg
- 0.3 teaspoon coarsely ground pepper black
- 1 tablespoon butter light
- 0.3 teaspoon salt
- 3 cups zucchini shredded (3)

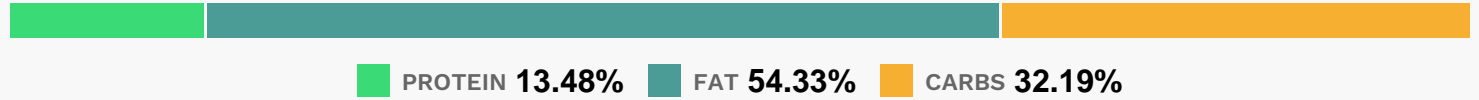
Equipment

- frying pan

Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add zucchini, and saut 4 to 5 minutes or until crisp-tender. Stir in salt, pepper, and nutmeg.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:8.0947826737943%

Flavonoids

Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 67.83kcal (3.39%), Fat: 4.51g (6.93%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 4.06g (1.48%), Sugar: 4.69g (5.21%), Cholesterol: 7.42mg (2.47%), Sodium: 308.15mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin C: 33.3mg (40.36%), Manganese: 0.37mg (18.27%), Vitamin B6: 0.3mg (15.24%), Potassium: 494.25mg (14.12%), Folate: 44.85µg (11.21%), Vitamin B2: 0.18mg (10.6%), Vitamin A: 492.36IU (9.85%), Magnesium: 34.49mg (8.62%), Vitamin K: 8.74µg (8.33%), Fiber: 1.95g (7.8%), Phosphorus: 73.72mg (7.37%), Vitamin B1: 0.09mg (5.67%), Copper: 0.1mg (5.17%), Iron: 0.8mg (4.42%), Vitamin B3: 0.84mg (4.22%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.38mg (3.83%), Calcium: 34.64mg (3.46%), Vitamin E: 0.34mg (2.24%)