



Parmesan-Herb Zucchini

 Gluten Free

READY IN



8 min.

SERVINGS



2

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons parmesan cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 2 medium zucchini sliced into 1/4-inch rounds

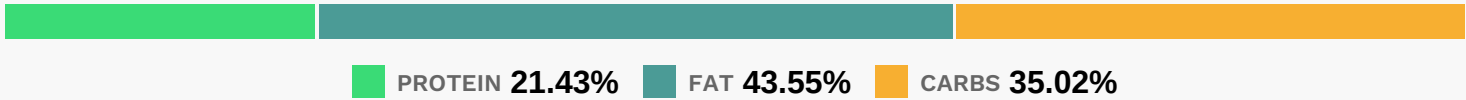
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium– high heat.
- ☐ Add zucchini and garlic; cook 4 minutes or until lightly browned.
- ☐ Remove from heat; stir in lemon juice and next 3 ingredients.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:10.319565137443%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 74.7kcal (3.74%), Fat: 3.96g (6.09%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 5.05g (1.84%), Sugar: 5.03g (5.59%), Cholesterol: 3.4mg (1.13%), Sodium: 386.95mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin C: 37.06mg (44.92%), Manganese: 0.44mg (22.02%), Vitamin K: 22.6µg (21.53%), Vitamin B6: 0.35mg (17.46%), Potassium: 537mg (15.34%), Folate: 50.02µg (12.5%), Vitamin B2: 0.21mg (12.09%), Vitamin A: 590.95IU (11.82%), Phosphorus: 113.75mg (11.38%), Magnesium: 40.36mg (10.09%), Calcium: 100.04mg (10%), Fiber: 2.11g (8.44%), Vitamin B1: 0.09mg (6.34%), Copper: 0.13mg (6.27%), Zinc: 0.81mg (5.41%), Iron: 0.93mg (5.15%), Vitamin B3: 0.94mg (4.7%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.57mg (3.77%), Selenium: 1.75µg (2.51%)