



Parmesan Zucchini Spears

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



67 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon lemon zest grated
- 1 teaspoon olive oil
- 1 tablespoon parmesan cheese grated
- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 1 pound zucchini

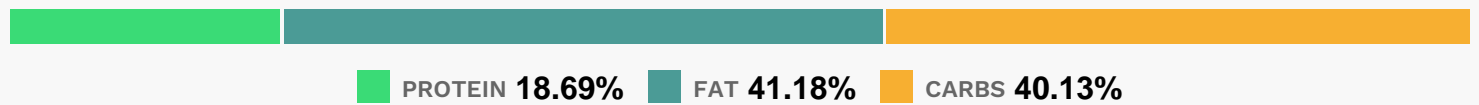
Equipment

- frying pan

Directions

- Cut zucchini lengthwise into quarters, then cut in half widthwise. In a large nonstick skillet, cook and stir zucchini in oil over medium heat for 4 minutes.
- Sprinkle with lemon peel, salt and pepper. Cook and stir 4–5 minutes longer or until zucchini is crisp–tender.
- Remove from the heat; sprinkle with Parmesan cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:9.9817391899617%

Flavonoids

Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 67.31kcal (3.37%), Fat: 3.43g (5.28%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 5.17g (1.88%), Sugar: 5.69g (6.33%), Cholesterol: 2.17mg (0.73%), Sodium: 207.33mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7.01%), Vitamin C: 41.24mg (49.99%), Manganese: 0.42mg (20.99%), Vitamin B6: 0.37mg (18.65%), Potassium: 599.05mg (17.12%), Folate: 54.67µg (13.67%), Vitamin B2: 0.22mg (13.08%), Vitamin K: 11.2µg (10.67%), Magnesium: 41.99mg (10.5%), Phosphorus: 102.29mg (10.23%), Vitamin A: 476.15IU (9.52%), Fiber: 2.35g (9.41%), Vitamin B1: 0.1mg (6.88%), Copper: 0.12mg (6.17%), Calcium: 59.72mg (5.97%), Zinc: 0.84mg (5.58%), Vitamin B3: 1.03mg (5.14%), Iron: 0.88mg (4.88%), Vitamin B5: 0.47mg (4.74%), Vitamin E: 0.58mg (3.84%), Selenium: 1.34µg (1.91%)