

Sautéed Zucchini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings to-ban-jan red (coarse Korean pepper powder)
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons sesame oil toasted
- ☐ 1 medium zucchini

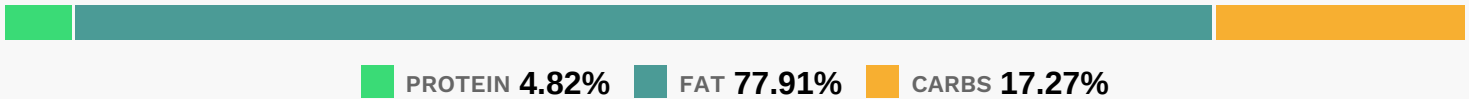
Equipment

- ☐ frying pan

Directions

- ☐ Cut 1 medium zucchini into matchstick-size pieces.
- ☐ Heat 2 tablespoons toasted sesame oil in a large skillet, preferably nonstick, over medium heat.
- ☐ Add zucchini; cook, stirring occasionally, until just tender, 3–4 minutes. Season with kosher salt, freshly ground black pepper, and gochugaru (coarse Korean red pepper powder).

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:2.7604347558125%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 41.72kcal (2.09%), Fat: 3.93g (6.04%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 196.37mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin A: 881.75IU (17.63%), Vitamin C: 5.91mg (7.17%), Manganese: 0.1mg (4.83%), Vitamin E: 0.68mg (4.51%), Vitamin B6: 0.09mg (4.46%), Fiber: 0.81g (3.26%), Vitamin K: 3.3µg (3.14%), Potassium: 105.59mg (3.02%), Vitamin B2: 0.04mg (2.45%), Folate: 8.02µg (2%), Magnesium: 7.63mg (1.91%), Phosphorus: 15.33mg (1.53%), Iron: 0.26mg (1.43%), Vitamin B3: 0.29mg (1.43%), Vitamin B1: 0.02mg (1.18%), Copper: 0.02mg (1.1%)