



Sautéed Zucchini Spears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 1.5 teaspoons olive oil
- 0.5 cup onion coarsely chopped
- 0.3 teaspoon salt
- 1 pound zucchini

Equipment

- frying pan

Directions

- Cut zucchini in half lengthwise; cut each half crosswise into 2 pieces.
- Cut each zucchini piece into 3 spears.
- Heat oil in a large nonstick skillet over medium-high heat; add zucchini and onion. Saut 5 to 6 minutes or until vegetables are lightly browned.
- Sprinkle with salt and pepper; toss well.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:5.310869557702%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 40.69kcal (2.03%), Fat: 1.88g (2.9%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.68g (4.09%), Cholesterol: 0mg (0%), Sodium: 155.26mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin C: 21.78mg (26.4%), Manganese: 0.23mg (11.74%), Vitamin B6: 0.21mg (10.45%), Potassium: 326.04mg (9.32%), Folate: 31.03µg (7.76%), Vitamin B2: 0.11mg (6.59%), Fiber: 1.49g (5.96%), Vitamin K: 5.96µg (5.68%), Magnesium: 22.52mg (5.63%), Phosphorus: 48.99mg (4.9%), Vitamin A: 227.54IU (4.55%), Vitamin B1: 0.06mg (4.02%), Copper: 0.07mg (3.44%), Vitamin B3: 0.54mg (2.68%), Zinc: 0.4mg (2.65%), Iron: 0.48mg (2.65%), Vitamin B5: 0.26mg (2.57%), Vitamin E: 0.36mg (2.38%), Calcium: 23.13mg (2.31%)