



Sautéed Zucchini Strips

 Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



42 kcal

SIDE DISH

Ingredients

- 2 teaspoons bottled garlic minced
- 2 teaspoons juice of lemon
- 2 teaspoons olive oil
- 1 teaspoon greek seasoning
- 2 zucchini 2-inch-thick cut lengthwise into strips

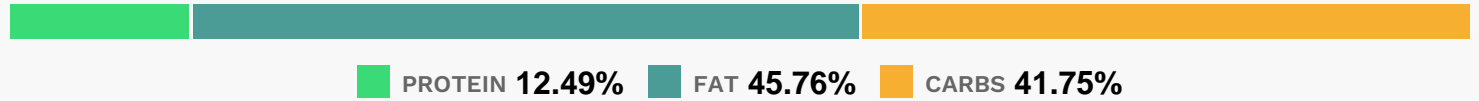
Equipment

- frying pan

Directions

- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add garlic, zucchini, lemon juice, and Greek seasoning. Saut 7 minutes or until zucchini is tender.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:5.6260869451191%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 41.88kcal (2.09%), Fat: 2.38g (3.67%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 8.64mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Vitamin C: 19.32mg (23.42%), Manganese: 0.28mg (13.85%), Vitamin K: 13.12µg (12.5%), Vitamin B6: 0.2mg (10.24%), Potassium: 283.93mg (8.11%), Folate: 27.02µg (6.75%), Fiber: 1.56g (6.25%), Vitamin B2: 0.1mg (5.99%), Magnesium: 21.74mg (5.44%), Iron: 0.87mg (4.84%), Vitamin A: 217.34IU (4.35%), Phosphorus: 43.09mg (4.31%), Vitamin E: 0.64mg (4.24%), Calcium: 40.05mg (4.01%), Vitamin B1: 0.05mg (3.46%), Copper: 0.07mg (3.38%), Vitamin B3: 0.52mg (2.59%), Zinc: 0.38mg (2.51%), Vitamin B5: 0.23mg (2.29%)