



HEALTH SCORE

100%

Sautéed Zucchini with Gruyere



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



22 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 1 pound zucchini with a large zucchini, cut in half lengthwise first) sliced into 1/4 to 1/ slices (if working (4 small zucchini or 1 large)
- ☐ 1 tablespoons olive oil extra virgin
- ☐ 0.5 onion sliced
- ☐ 1 clove garlic minced
- ☐ 2 Tbsp tarragon dried fresh chopped (or)
- ☐ 0.3 cup basil dried fresh chopped (or 1 teaspoon)
- ☐ 2 ounces gruyere swiss cheese thinly sliced (can substitute other Swiss cheese)
- ☐ 4 servings salt and pepper

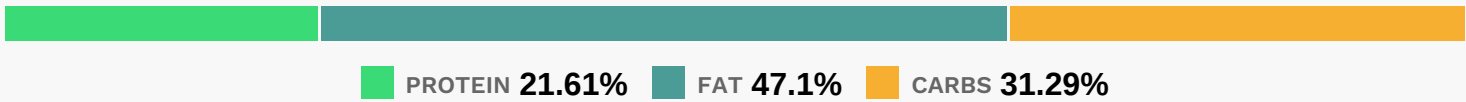
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large sauté pan on fairly high heat. (An anodized aluminum pan works well for this purpose because it is stick resistant yet can handle high heat.) Swirl the pan to coat the bottom of the pan with the oil, adding more oil if needed.
- ☐ When the pan is hot, add the zucchini and onions.
- ☐ Spread out along the bottom of the pan.
- ☐ Cook quickly on high heat, stirring frequently, until all zucchini pieces are a little browned at least on one side (about 2 minutes).
- ☐ Sprinkle with salt and pepper while cooking.
- ☐ Halfway through the cooking, add the garlic and the herbs. If there is any sticking to the pan, add a little more oil.
- ☐ Remove the pan from the heat.
- ☐ Place slices of cheese over the zucchini in a single layer. Cover the pan.
- ☐ Let sit for a few minutes, until the cheese is just melted.
- ☐ Remove the zucchini to a serving dish.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:26.761738901553%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 154.08kcal (7.7%), Fat: 9.05g (13.92%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 6.39g (2.32%), Sugar: 3.68g (4.09%), Cholesterol: 13.18mg (4.39%), Sodium: 242.56mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.69%), Vitamin K: 260.77µg (248.35%), Manganese: 1.87mg (93.63%), Iron: 14.55mg (80.86%), Calcium: 507.53mg (50.75%), Magnesium: 140.12mg (35.03%), Fiber: 7.14g (28.54%), Vitamin C: 22.87mg (27.72%), Vitamin B6: 0.48mg (23.83%), Potassium: 790.56mg (22.59%), Vitamin B2: 0.36mg (21.39%), Folate: 83.54µg (20.89%), Copper: 0.4mg (20.06%), Phosphorus: 177.62mg (17.76%), Vitamin E: 2.31mg (15.4%), Zinc: 2.16mg (14.39%), Vitamin A: 555.6IU (11.11%), Selenium: 5.22µg (7.45%), Vitamin B3: 1.48mg (7.4%), Vitamin B12: 0.43µg (7.13%), Vitamin B1: 0.08mg (5.22%), Vitamin B5: 0.44mg (4.37%)