



## Sizzling Italian Vegetables

 **Gluten Free**

READY IN



**18 min.**

SERVINGS



**18**

CALORIES



**23 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 slices oscar mayer bacon fully cooked chopped
- 2 Tbsp balsamic vinaigrette dressing kraft
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 tomatoes chopped
- 1 zucchini coarsely chopped

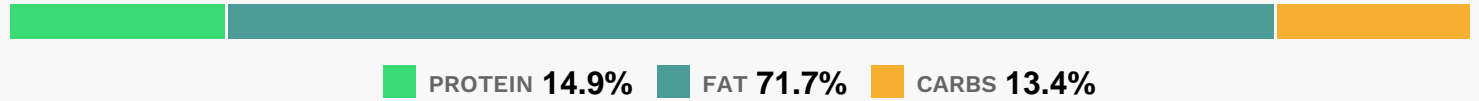
## Equipment

- frying pan

## Directions

- Cook zucchini, tomatoes and bacon in dressing in skillet on medium-high heat 6 to 8 min. or until zucchini is crisp-tender and bacon is done, stirring occasionally.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:2.94, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.0178260858292%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 23.34kcal (1.17%), Fat: 1.88g (2.89%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.52g (0.58%), Cholesterol: 2.61mg (0.87%), Sodium: 42.02mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin C: 2.89mg (3.5%), Vitamin A: 87.09IU (1.74%), Phosphorus: 16.5mg (1.65%), Vitamin B6: 0.03mg (1.54%), Calcium: 14.88mg (1.49%), Potassium: 50.76mg (1.45%), Manganese: 0.03mg (1.37%), Vitamin B2: 0.02mg (1.07%), Selenium: 0.74µg (1.05%)