



Skillet Zucchini

 Gluten Free

READY IN



6 min.

SERVINGS



6

CALORIES



15 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon parmesan cheese
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 medium zucchini

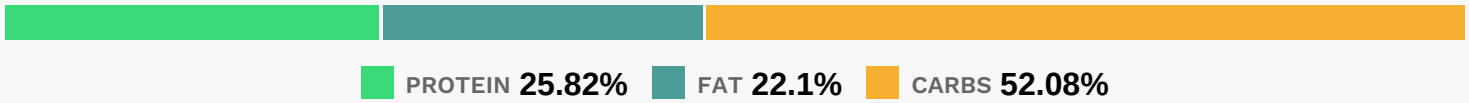
Equipment

- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with olive oil-flavored cooking spray, and place over medium heat.
- ☐ Add 1 teaspoon minced garlic, and saute 1 minute.
- ☐ Add 2 medium zucchini, sliced and halved; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until zucchini is tender, stirring occasionally.
- ☐ Sprinkle with 1 tablespoon Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:2.9352173784991%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 15.33kcal (0.77%), Fat: 0.43g (0.66%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.65g (1.83%), Cholesterol: 0.57mg (0.19%), Sodium: 212.47mg (9.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 11.85mg (14.36%), Manganese: 0.14mg (6.76%), Vitamin B6: 0.11mg (5.68%), Potassium: 174.44mg (4.98%), Folate: 15.77µg (3.94%), Vitamin B2: 0.06mg (3.82%), Phosphorus: 31.51mg (3.15%), Magnesium: 12.4mg (3.1%), Vitamin K: 2.97µg (2.83%), Vitamin A: 137.68IU (2.75%), Fiber: 0.68g (2.74%), Calcium: 21.71mg (2.17%), Vitamin B1: 0.03mg (2.05%), Copper: 0.04mg (1.88%), Zinc: 0.24mg (1.6%), Vitamin B3: 0.3mg (1.51%), Iron: 0.27mg (1.48%), Vitamin B5: 0.14mg (1.41%)