



Spiced Stewed Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 can chick peas drained
- 1 can canned tomatoes diced
- 1 teaspoon chili powder
- 2 tablespoons cilantro leaves finely chopped
- 4 servings coarse salt
- 1 tablespoon olive oil extra virgin
- 2 cloves garlic crushed
- 0.5 teaspoon ground cumin

- 0.5 teaspoon pepper flakes red crushed
- 3 scallions chopped
- 1 medium zucchini thinly sliced

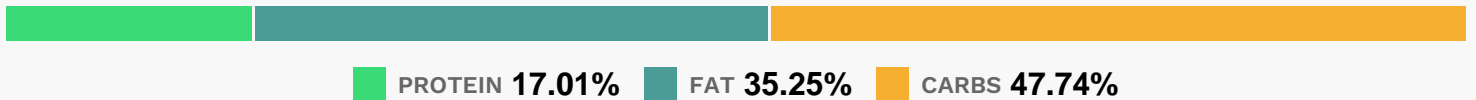
Equipment

- frying pan

Directions

- Heat a skillet over moderate heat. Go 1 turn of the pan with a slow stream of extra-virgin olive oil.
- Add crushed garlic and red pepper flakes to the pan.
- Saute garlic and red pepper flakes 1 or 2 minutes.
- Add zucchini and season with salt, cumin and chili powder.
- Saute, stirring occasionally, about 3 minutes.
- Add chick peas, tomatoes and scallions to the pan and stir to combine. Cook over medium low heat for 10 minutes. Stir in cilantro and serve.
- To reduce the heat level, omit the red pepper flakes from the recipe and method.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:4.59, Inflammation Score:-7, Nutrition Score:11.416521694349%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 147.14kcal (7.36%), Fat: 6.05g (9.31%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 12.42g (4.52%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 527.12mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Manganese: 1.08mg (53.75%), Vitamin B6: 0.66mg

(32.84%), Fiber: 6.03g (24.13%), Vitamin K: 24.3µg (23.14%), Vitamin C: 11.12mg (13.48%), Phosphorus: 118.44mg (11.84%), Folate: 46.24µg (11.56%), Iron: 2.05mg (11.41%), Copper: 0.22mg (11.07%), Magnesium: 43.66mg (10.92%), Potassium: 342.04mg (9.77%), Vitamin A: 443.9IU (8.88%), Zinc: 1.04mg (6.91%), Calcium: 61.76mg (6.18%), Vitamin E: 0.91mg (6.09%), Vitamin B2: 0.08mg (4.71%), Vitamin B1: 0.07mg (4.65%), Vitamin B5: 0.46mg (4.62%), Selenium: 2.8µg (4%), Vitamin B3: 0.53mg (2.63%)