

## Steamed Zucchini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

### Ingredients

- 2 cloves garlic
- 1 tablespoon olive oil
- 4 zucchini

### Equipment

- bowl
- pot
- steamer basket

## Directions

- Bring a large pot of water to a boil. Trim ends from zucchini.
- Cut each one in half, then cut each half lengthwise into quarters.
- Place zucchini and garlic into a steamer basket, then place the steamer basket into the pot. Steam for 10 to 15 minutes, or until the zucchini are tender.
- Transfer zucchini to a large bowl. Mash the garlic and put it in the bowl with the zucchini.
- Drizzle the olive oil into the bowl and toss until the vegetables are coated with oil and garlic.

## Nutrition Facts

**PROTEIN 13.44%** **FAT 50.66%** **CARBS 35.9%**

## Properties

Glycemic Index:11.25, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:8.5386957137481%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 66.5kcal (3.32%), Fat: 4.13g (6.36%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 4.6g (1.67%), Sugar: 4.91g (5.46%), Cholesterol: 0mg (0%), Sodium: 16mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin C: 35.55mg (43.09%), Manganese: 0.37mg (18.6%), Vitamin B6: 0.34mg (16.9%), Potassium: 517.61mg (14.79%), Folate: 47.08µg (11.77%), Vitamin B2: 0.19mg (10.93%), Vitamin K: 10.56µg (10.06%), Magnesium: 35.65mg (8.91%), Fiber: 1.99g (7.97%), Vitamin A: 392.14IU (7.84%), Phosphorus: 76.78mg (7.68%), Vitamin B1: 0.09mg (6.08%), Copper: 0.11mg (5.42%), Vitamin E: 0.74mg (4.94%), Vitamin B3: 0.89mg (4.47%), Zinc: 0.64mg (4.3%), Iron: 0.77mg (4.28%), Vitamin B5: 0.41mg (4.09%), Calcium: 34.11mg (3.41%)