



Zesty Zucchini and Onions

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black
- 2 cloves garlic minced
- 15 oz tomatoes
- 3 Tbsp oil
- 2 large onions separated cut into 1/4-inch-thick slices, into rings
- 1.5 cups water
- 4 medium zucchini cut into 1-inch chunks (4 cups)

Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add garlic; cook and stir 2 minutes or until tender.
- Add zucchini and onions; cook 8 minutes or until tender, stirring frequently.
- Stir in marinara sauce, water and pepper; mix well. Simmer 25 minutes, stirring occasionally.

Nutrition Facts

PROTEIN 9.19% **FAT 52.05%** **CARBS 38.76%**

Properties

Glycemic Index:18.63, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:7.6656521558762%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 92.1kcal (4.61%), Fat: 5.77g (8.87%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 7.21g (2.62%), Sugar: 5.94g (6.6%), Cholesterol: 0mg (0%), Sodium: 263.65mg (11.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 24.27mg (29.42%), Manganese: 0.3mg (14.96%), Potassium: 472.24mg (13.49%), Vitamin B6: 0.27mg (13.32%), Vitamin E: 1.81mg (12.07%), Fiber: 2.45g (9.79%), Vitamin K: 9.71µg (9.25%), Folate: 35.46µg (8.87%), Vitamin A: 427.32IU (8.55%), Vitamin B2: 0.14mg (8.1%), Magnesium: 30.1mg (7.53%), Copper: 0.14mg (6.89%), Phosphorus: 63.71mg (6.37%), Iron: 0.97mg (5.39%), Vitamin B3: 1.02mg (5.09%), Vitamin B1: 0.08mg (5.04%), Vitamin B5: 0.42mg (4.16%), Calcium: 34.71mg (3.47%), Zinc: 0.51mg (3.39%), Selenium: 0.81µg (1.16%)