



Zesty Zucchini Cubes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon onion red chopped

- ☐ 0.3 cup red wine vinegar
- ☐ 1 tablespoon worcestershire sauce
- ☐ 4 cups zucchini diced

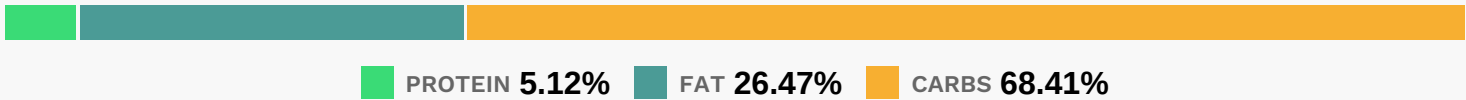
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine the first 10 ingredients in a microwave-safe bowl, and stir well. Microwave at HIGH 2 minutes or until mixture is hot; stir in zucchini. Cover; marinate in refrigerator at least 1 hour.
- ☐ Drain and serve.

Nutrition Facts



Properties

Glycemic Index:20.16, Glycemic Load:4.82, Inflammation Score:-3, Nutrition Score:3.2078260986701%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 69.57kcal (3.48%), Fat: 2.01g (3.09%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 10.93g (3.97%), Sugar: 10.53g (11.71%), Cholesterol: 0mg (0%), Sodium: 36.03mg (1.57%), Alcohol: 0.79g (100%), Alcohol %: 1.07% (100%), Protein: 0.87g (1.75%), Vitamin C: 11.73mg (14.22%), Manganese: 0.14mg (6.85%), Vitamin B6: 0.11mg (5.72%), Potassium: 196.52mg (5.61%), Vitamin B2: 0.07mg (4%), Folate: 15.62µg (3.91%), Vitamin A: 190.39IU (3.81%), Vitamin K: 3.94µg (3.75%), Magnesium: 12.9mg (3.23%), Iron: 0.55mg (3.05%),

Fiber: 0.74g (2.98%), Phosphorus: 27.97mg (2.8%), Vitamin E: 0.4mg (2.66%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (2.13%), Vitamin B3: 0.34mg (1.69%), Zinc: 0.25mg (1.65%), Calcium: 15.93mg (1.59%), Vitamin B5: 0.14mg (1.39%)