



Zucchini

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bananas frozen ripe
- 2 cups poached berries mixed frozen
- 8 large eggs
- 0.3 cup parsley fresh chopped
- 2 teaspoons sage fresh finely chopped
- 1 large clove garlic minced
- 2 teaspoons honey
- 1 small jalapeno with some seeds minced

- 4 servings kosher salt and pepper black freshly ground
- 1 cup lowfat vanilla yogurt
- 1.5 tablespoons olive oil extra-virgin
- 1 medium onion diced
- 0.5 cup orange juice
- 0.3 cup roasted pepper red chopped
- 2 teaspoons citrus champagne vinegar
- 4 slices bread whole wheat toasted
- 3 large summer squash yellow cut into 1/2-inch pieces

Equipment

- frying pan
- ladle
- oven
- blender
- measuring cup

Directions

- Combine the berries, yogurt, orange juice, honey and bananas together in a blender, and puree until smooth. Divide evenly among four glasses and refrigerate until ready to serve.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add the onions and cook, stirring, until soft and lightly browned, about 6 minutes.
- Add the sage, garlic and jalapenos and cook, stirring, until fragrant, about 30 seconds.
- Add the vinegar, squash, 3/4 teaspoon salt and some pepper, and stir to combine. Cover and cook, stirring occasionally, until the squash begins to soften, 6 to 8 minutes. Uncover and add the red pepper and half of the parsley. Cook until the squash is completely soft and lightly brown, 6 to 8 minutes more.
- Remove from the heat.
- Make 8 small indentations in the squash with a measuring cup or the back of a ladle. Crack the eggs into the indentations and sprinkle with salt and pepper. Return the pan to medium

heat, cover and cook until the egg whites are set and the yolks are still runny, about 4 minutes.

Divide the "hash browns" and eggs evenly among four plates.

Serve each with a smoothie and 1 slice of toast.

Nutrition Facts

PROTEIN 18.86% **FAT 31.84%** **CARBS 49.3%**

Properties

Glycemic Index:103.44, Glycemic Load:19.39, Inflammation Score:-9, Nutrition Score:41.903043581092%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 486.22kcal (24.31%), Fat: 17.86g (27.48%), Saturated Fat: 4.83g (30.18%), Carbohydrates: 62.23g (20.74%), Net Carbohydrates: 53.29g (19.38%), Sugar: 35.96g (39.96%), Cholesterol: 375.06mg (125.02%), Sodium: 438.68mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Copper: 3.42mg (170.88%), Vitamin C: 79.75mg (96.67%), Vitamin K: 88.44µg (84.23%), Manganese: 1.52mg (75.87%), Vitamin B2: 1.07mg (63.02%), Selenium: 42.43µg (60.61%), Vitamin B6: 1.14mg (56.89%), Phosphorus: 473.7mg (47.37%), Folate: 175.65µg (43.91%), Potassium: 1385.73mg (39.59%), Fiber: 8.95g (35.79%), Vitamin A: 1587.38IU (31.75%), Magnesium: 116.1mg (29.02%), Vitamin B5: 2.86mg (28.63%), Calcium: 279.55mg (27.96%), Vitamin B1: 0.39mg (25.77%), Iron: 4.27mg (23.73%), Zinc: 3.3mg (21.98%), Vitamin B12: 1.21µg (20.24%), Vitamin E: 2.86mg (19.09%), Vitamin B3: 3.66mg (18.32%), Vitamin D: 2µg (13.33%)