



Zucchini Agrodolce (Zucchini in Sweet-and-Sour Sauce)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SAUCE

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup onion sliced
- ☐ 0.5 teaspoon pepper
- ☐ 3 tablespoons raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

☐ 1.5 pounds zucchini cut into 1/4-inch slices

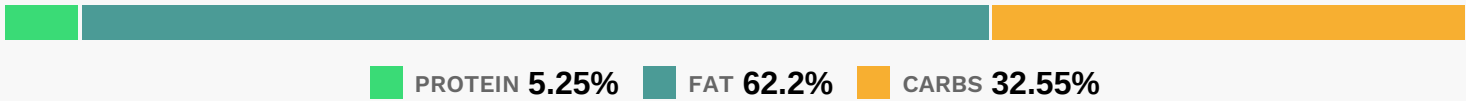
Equipment

☐ frying pan

Directions

- ☐ Saut onion and garlic in hot oil over medium-high heat until garlic is lightly browned. Stir in zucchini and next 3 ingredients; saut 8 to 9 minutes or until zucchini is crisp-tender. Stir in vinegar; cook, stirring constantly, 30 seconds.
- ☐ Remove skillet from heat.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:5.86, Inflammation Score:-6, Nutrition Score:9.5552173179129%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 193.13kcal (9.66%), Fat: 14.14g (21.75%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 13.75g (5%), Sugar: 5.12g (5.69%), Cholesterol: 0mg (0%), Sodium: 309.12mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin C: 33.02mg (40.03%), Manganese: 0.42mg (20.82%), Vitamin B6: 0.34mg (17.09%), Potassium: 576.96mg (16.48%), Vitamin K: 15.96µg (15.2%), Vitamin E: 2.16mg (14.37%), Fiber: 2.9g (11.6%), Folate: 45.05µg (11.26%), Vitamin B2: 0.19mg (11.05%), Magnesium: 36.95mg (9.24%), Phosphorus: 81.86mg (8.19%), Copper: 0.14mg (7.02%), Vitamin A: 342.1IU (6.84%), Vitamin B1: 0.1mg (6.77%), Iron: 1.11mg (6.15%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.62mg (4.14%), Calcium: 39.33mg (3.93%), Vitamin B5: 0.39mg (3.89%), Selenium: 0.73µg (1.05%)