



Zucchini al Formaggio

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons parsley leaves fresh finely chopped
- ☐ 1 teaspoon penzey's southwest seasoning italian recommended: McCormick
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan grated shaved for garnish recommended: DiGiorno
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons butter unsalted room temperature
- ☐ 4 medium zucchini sliced

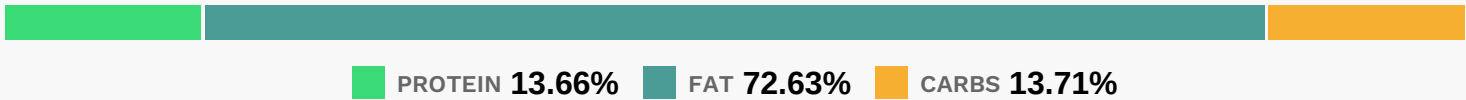
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat a large saute pan with olive oil over high heat.
- ☐ Add zucchini slices and saute for 5 minutes until slightly brown and tender.
- ☐ Add remaining ingredients, except shaved Parmesan, and toss to combine.
- ☐ Remove to serving bowl with slotted spoon. Top with shaved Parmesan and serve hot.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:12.961304389912%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 196.69kcal (9.83%), Fat: 16.57g (25.5%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 4.77g (1.74%), Sugar: 5.04g (5.6%), Cholesterol: 23.55mg (7.85%), Sodium: 218.1mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Vitamin K: 49.42µg (47.06%), Vitamin C: 37.76mg (45.76%), Manganese: 0.39mg (19.53%), Calcium: 192.3mg (19.23%), Vitamin B6: 0.34mg (16.92%), Vitamin A: 842.09IU (16.84%), Phosphorus: 164.97mg (16.5%), Potassium: 543.52mg (15.53%), Vitamin B2: 0.23mg (13.7%), Folate: 52.37µg (13.09%), Magnesium: 43.44mg (10.86%), Vitamin E: 1.54mg (10.27%), Fiber: 2.26g (9.06%), Zinc: 1.01mg (6.76%), Iron: 1.19mg (6.59%), Vitamin B1: 0.1mg (6.41%), Copper: 0.12mg (5.82%), Vitamin B3: 0.97mg (4.86%), Vitamin B5: 0.48mg (4.78%), Selenium: 3.3µg (4.72%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.17µg (1.12%)