



 8%  
HEALTH SCORE

## Zucchini and Blue Cheese Side

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 0.3 cup cheese blue crumbled
- 14.5 ounce canned tomatoes fire roasted chopped hunts® canned (such as )
- 1 clove garlic minced
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 zucchini halved lengthwise sliced

### Equipment

- frying pan

## Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Place the zucchini and garlic in the skillet, cover. Cook until zucchini is just tender, about 5 minutes. Stir in tomatoes; heat until warmed through.
- Remove from heat; sprinkle immediately with blue cheese. Cover, and allow cheese to soften before serving.

## Nutrition Facts

 **PROTEIN 11.27%**  **FAT 64.5%**  **CARBS 24.23%**

## Properties

Glycemic Index:18, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:6.4191305028356%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 133.08kcal (6.65%), Fat: 9.74g (14.98%), Saturated Fat: 2.63g (16.42%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 6.44g (2.34%), Sugar: 4.87g (5.42%), Cholesterol: 6.33mg (2.11%), Sodium: 263.4mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 19.63mg (23.79%), Vitamin A: 671.51IU (13.43%), Manganese: 0.19mg (9.34%), Calcium: 92.49mg (9.25%), Vitamin B6: 0.18mg (9.15%), Vitamin K: 8.64µg (8.23%), Potassium: 280.46mg (8.01%), Vitamin E: 1.15mg (7.65%), Vitamin B2: 0.13mg (7.36%), Fiber: 1.79g (7.15%), Phosphorus: 71.04mg (7.1%), Folate: 26.58µg (6.64%), Iron: 1mg (5.53%), Magnesium: 19.77mg (4.94%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.35mg (3.5%), Vitamin B1: 0.05mg (3.2%), Copper: 0.06mg (2.88%), Vitamin B3: 0.53mg (2.67%), Selenium: 1.53µg (2.18%), Vitamin B12: 0.1µg (1.72%)