



 **77%**  
HEALTH SCORE

## Zucchini and Carrots with Fresh Herbs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

### Ingredients

- 1 cup carrots sliced
- 4 medium zucchini cut into julienne strips
- 2 tablespoons butter
- 1 tablespoon sage dried fresh chopped
- 1 teaspoon optional: dill dried fresh chopped
- 2 teaspoons juice of lemon
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

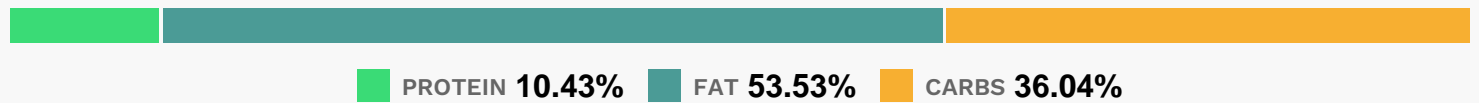
## Equipment

- frying pan
- sauce pan
- steamer basket

## Directions

- Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket).
- Place carrots in basket. Cover tightly and heat to boiling; reduce heat. Steam carrots 3 minutes.
- Add zucchini. Steam 4 to 6 minutes or until carrots and zucchini are crisp-tender.
- Melt butter in 12-inch skillet over medium heat. Stir in carrots, zucchini and remaining ingredients. Cook uncovered 2 to 3 minutes, stirring gently, until hot.

## Nutrition Facts



## Properties

Glycemic Index:27.21, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:18.233043452644%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 99.83kcal (4.99%), Fat: 6.43g (9.88%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 6.73g (2.45%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 249.25mg (10.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Copper: 4.67mg (233.37%), Vitamin A: 5991.07IU (119.82%), Vitamin C: 37.97mg (46.03%), Manganese: 0.56mg (27.94%), Vitamin B6: 0.37mg (18.29%), Potassium: 627.75mg (17.94%), Folate: 53.75µg (13.44%), Vitamin K: 12.86µg (12.24%), Vitamin B2: 0.21mg (12.23%), Fiber: 3g

(12.01%), Magnesium: 42.26mg (10.57%), Phosphorus: 88.26mg (8.83%), Vitamin B1: 0.12mg (7.68%), Vitamin B3: 1.2mg (6.02%), Iron: 1.01mg (5.59%), Calcium: 54.7mg (5.47%), Vitamin B5: 0.5mg (4.98%), Zinc: 0.74mg (4.9%), Vitamin E: 0.67mg (4.46%)