



Zucchini and Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



154 kcal

SIDE DISH

Ingredients



1 eggs beaten



2 teaspoons olive oil



1 serving salt and pepper to taste



1 small zucchini sliced

Equipment

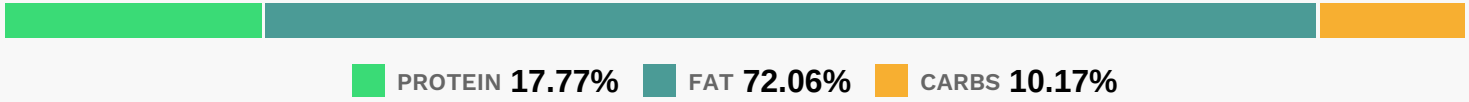


frying pan

Directions

- ☐ Heat a small skillet over medium heat.
- ☐ Pour in oil and saute zucchini until tender.
- ☐ Spread out zucchini in an even layer, and pour beaten egg evenly over top. Cook until egg is firm. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:9.4573912620544%

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 Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 153.7kcal (7.68%), Fat: 12.56g (19.33%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.81g (1.02%), Sugar: 3.11g (3.46%), Cholesterol: 163.68mg (54.56%), Sodium: 265.87mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Vitamin C: 21.12mg (25.6%), Selenium: 13.74µg (19.64%), Vitamin B2: 0.31mg (18.35%), Vitamin B6: 0.27mg (13.36%), Phosphorus: 131.96mg (13.2%), Folate: 49µg (12.25%), Vitamin E: 1.76mg (11.7%), Manganese: 0.22mg (11.08%), Potassium: 368.82mg (10.54%), Vitamin K: 10.02µg (9.54%), Vitamin A: 473.6IU (9.47%), Vitamin B5: 0.92mg (9.15%), Iron: 1.25mg (6.96%), Magnesium: 26.52mg (6.63%), Vitamin B12: 0.39µg (6.53%), Zinc: 0.95mg (6.3%), Vitamin D: 0.88µg (5.87%), Copper: 0.09mg (4.72%), Fiber: 1.18g (4.72%), Vitamin B1: 0.07mg (4.71%), Calcium: 43.72mg (4.37%), Vitamin B3: 0.57mg (2.83%)