



## Zucchini and Mushrooms in a Lemon Butter Sauce

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 1 tablespoon olive oil
- 8 oz crimini mushrooms quartered
- 1 medium zucchini chopped
- 1 tablespoon olive oil
- 1 garlic clove finely chopped
- 1 tablespoon juice of lemon

1 serving salt and pepper to taste

1 teaspoon lemon zest grated

## Equipment

frying pan

## Directions

In 10- to 12-inch skillet, melt 1 tablespoon of the butter and the olive oil over medium-high heat.

Add mushrooms; cook about 5 minutes, tossing occasionally, until golden brown.

Add zucchini; cook, stirring occasionally, about 3 minutes, until lightly browned.

Add garlic; cook 1 minute longer.

Remove skillet from heat. Stir in lemon juice and remaining 1 tablespoon butter. Season with salt and pepper.

Sprinkle lemon peel over top.

## Nutrition Facts

 **PROTEIN 5.98%** **FAT 81.27%** **CARBS 12.75%**

## Properties

Glycemic Index:23.75, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:7.8082607932713%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 135.05kcal (6.75%), Fat: 12.9g (19.85%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.33g (2.59%), Cholesterol: 15.05mg (5.02%), Sodium: 101.11mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Selenium: 15.02µg (21.46%), Vitamin B2: 0.33mg (19.3%), Copper: 0.31mg (15.64%), Vitamin C: 11.1mg (13.46%), Vitamin B3: 2.39mg (11.95%), Potassium: 391.33mg

(11.18%), Vitamin B5: 0.97mg (9.69%), Manganese: 0.18mg (9.02%), Phosphorus: 89.85mg (8.98%), Vitamin E: 1.24mg (8.28%), Vitamin B6: 0.15mg (7.72%), Folate: 26.98µg (6.75%), Vitamin K: 6.82µg (6.5%), Vitamin A: 273.47IU (5.47%), Zinc: 0.8mg (5.32%), Vitamin B1: 0.08mg (5.26%), Magnesium: 14.55mg (3.64%), Fiber: 0.91g (3.64%), Iron: 0.47mg (2.6%), Calcium: 22.08mg (2.21%), Vitamin B12: 0.07µg (1.14%)