

Zucchini and Pecan Saute

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



325 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1 tablespoon parmesan cheese grated
- 0.3 cup pecans chopped
- 1 pound zucchini fresh sliced




Equipment

- frying pan

Directions

- In a large skillet, melt 1 tablespoon butter over medium heat.
- Add pecans; cook and stir until lightly browned, about 5 minutes.
- Remove pecans from skillet.
- Add remaining 2 tablespoons butter to the skillet, and melt.
- Add zucchini, and saute until soft. Toss with pecans and cheese.
- Serve.

Nutrition Facts

 PROTEIN **6.18%**  FAT **82.33%**  CARBS **11.49%**

Properties

Glycemic Index:37.5, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:14.838695648572%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 325.18kcal (16.26%), Fat: 31.54g (48.52%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 5.89g (2.14%), Sugar: 6.41g (7.12%), Cholesterol: 47.33mg (15.77%), Sodium: 196.92mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Manganese: 1.22mg (61.05%), Vitamin C: 40.8mg (49.45%), Vitamin B6: 0.41mg (20.52%), Vitamin A: 1010.18IU (20.2%), Potassium: 676.06mg (19.32%), Copper: 0.34mg (16.96%), Fiber: 4.01g (16.05%), Magnesium: 64.1mg (16.02%), Phosphorus: 157.39mg (15.74%), Vitamin B1: 0.22mg (14.91%), Vitamin B2: 0.25mg (14.86%), Folate: 59.21µg (14.8%), Vitamin K: 11.9µg (11.33%), Zinc: 1.68mg (11.17%), Calcium: 76.14mg (7.61%), Iron: 1.31mg (7.3%), Vitamin E: 1.03mg (6.84%), Vitamin B5: 0.65mg (6.51%), Vitamin B3: 1.25mg (6.23%), Selenium: 2.23µg (3.18%), Vitamin B12: 0.07µg (1.16%)