



Zucchini for Lunch



Vegetarian



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



3

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup tomato sauce canned
- ☐ 2 eggs beaten
- ☐ 1 medium onion chopped
- ☐ 1 bell pepper red seeded chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 large zucchini cubed

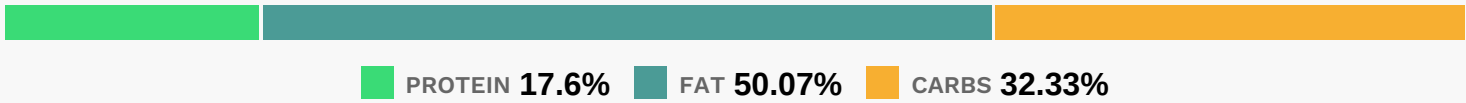
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add zucchini; cook and stir until soft.
- ☐ Add the onion and bell pepper, and cook until tender, about 5 minutes. Make a clearing in the center of the skillet and pour in the eggs. Cook and stir to scramble. When the eggs are cooked, stir in the tomato sauce until everything is coated.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:2.3, Inflammation Score:-9, Nutrition Score:15.409130459246%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 135.1kcal (6.76%), Fat: 7.95g (12.22%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 8.4g (3.05%), Sugar: 7.47g (8.31%), Cholesterol: 109.12mg (36.37%), Sodium: 246.87mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.57%), Vitamin C: 75.62mg (91.66%), Vitamin A: 1793.24IU (35.86%), Vitamin B6: 0.42mg (21.24%), Vitamin B2: 0.31mg (17.97%), Folate: 68.51µg (17.13%), Manganese: 0.33mg (16.71%), Potassium: 579.99mg (16.57%), Vitamin K: 16.29µg (15.51%), Selenium: 9.69µg (13.84%), Vitamin E: 2.03mg (13.53%), Phosphorus: 130.96mg (13.1%), Fiber: 3.15g (12.58%), Vitamin B5: 0.97mg (9.66%), Magnesium: 37.45mg (9.36%), Iron: 1.55mg (8.62%), Copper: 0.15mg (7.31%), Vitamin B1: 0.11mg (7.22%), Vitamin B3: 1.34mg (6.72%), Zinc: 0.97mg (6.5%), Calcium: 50.58mg (5.06%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.59µg (3.91%)