



HEALTH SCORE

69%

## Zucchini in Cuban-Style Cherry Tomato Sofrito with Almond-Cacao Picada



Gluten Free



Dairy Free



Very Healthy

READY IN



23 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

### Ingredients

- ☐ 12 almonds toasted
- ☐ 0.3 cup cacao nibs
- ☐ 8 ounces cherry tomatoes coarsely chopped
- ☐ 0.3 cup parsley fresh
- ☐ 2 cloves garlic
- ☐ 4 garlic clove finely chopped
- ☐ 0.1 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup beef broth fat-free
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 medium onion yellow vertically sliced
- ☐ 5.5 pounds zucchini cubed

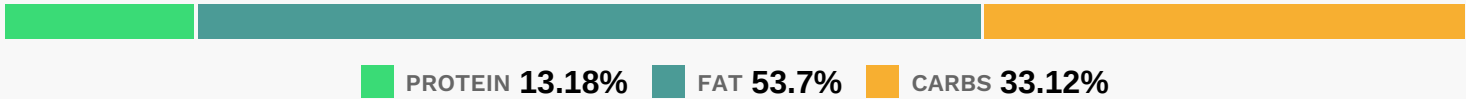
## Equipment

- ☐ frying pan
- ☐ mortar and pestle

## Directions

- ☐ Heat a large skillet over medium heat; add oil. Swirl to coat.
- ☐ Add chopped garlic; saut 10 seconds, stirring constantly.
- ☐ Add onion; saut 4 minutes, stirring occasionally.
- ☐ Add tomatoes; saut 3 minutes. Stir in oregano, salt, cumin, red pepper, and allspice.
- ☐ Add zucchini; cook 2 minutes.
- ☐ Combine cacao, parsley, almonds, and whole garlic cloves in a mortar; pound with pestle until a paste forms. Stir cacao mixture into zucchini mixture; add broth. Bring to a simmer. Cover and cook 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.5, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:23.77782616408%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 214.68kcal (10.73%), Fat: 13.92g (21.42%), Saturated Fat: 3.34g (20.9%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 13.15g (4.78%), Sugar: 12.35g (13.72%), Cholesterol: 0mg (0%), Sodium: 307.92mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Vitamin C: 88.77mg (107.6%), Vitamin K: 70.74µg (67.37%), Manganese: 0.95mg (47.45%), Vitamin B6: 0.78mg (39.17%), Potassium: 1330.43mg (38.01%), Folate: 115.05µg (28.76%), Vitamin B2: 0.44mg (25.79%), Vitamin A: 1278.76IU (25.58%), Fiber: 6.17g (24.68%), Magnesium: 96.77mg (24.19%), Phosphorus: 191.89mg (19.19%), Vitamin E: 2.73mg (18.17%), Vitamin B1: 0.22mg (14.95%), Copper: 0.3mg (14.82%), Iron: 2.59mg (14.4%), Vitamin B3: 2.28mg (11.39%), Zinc: 1.57mg (10.48%), Calcium: 104.49mg (10.45%), Vitamin B5: 0.96mg (9.64%), Selenium: 1.68µg (2.4%)