



## Zucchini 'N' Carrot Coins

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 1 pound carrots thinly sliced
- 2 teaspoons basil dried
- 1 small onion separated sliced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2 small zucchini cut into 1/4-inch slices

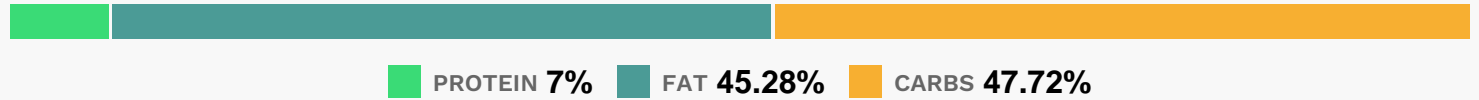
### Equipment

frying pan

## Directions

- In a large skillet, saute carrots in butter for 4–5 minutes or until crisp–tender.
- Add the onion; cook for 1 minute. Stir in the remaining ingredients. Cover and cook for 4–5 minutes or until vegetables are crisp–tender.

## Nutrition Facts



## Properties

Glycemic Index:42.71, Glycemic Load:4.17, Inflammation Score:-10, Nutrition Score:12.757825997213%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

## Nutrients (% of daily need)

Calories: 115.19kcal (5.76%), Fat: 6.18g (9.51%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 10.37g (3.77%), Sugar: 7.61g (8.45%), Cholesterol: 15.05mg (5.02%), Sodium: 419.76mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin A: 19241.97IU (384.84%), Vitamin K: 26.84µg (25.56%), Vitamin C: 18.55mg (22.49%), Manganese: 0.35mg (17.74%), Fiber: 4.28g (17.13%), Potassium: 558.97mg (15.97%), Vitamin B6: 0.28mg (14.05%), Folate: 40.81µg (10.2%), Vitamin B2: 0.13mg (7.92%), Magnesium: 29.89mg (7.47%), Vitamin B1: 0.11mg (7.36%), Vitamin B3: 1.43mg (7.15%), Phosphorus: 70.43mg (7.04%), Vitamin E: 1.04mg (6.93%), Calcium: 64.5mg (6.45%), Iron: 1.06mg (5.89%), Copper: 0.1mg (5.08%), Vitamin B5: 0.47mg (4.65%), Zinc: 0.53mg (3.56%)