



Zucchini 'Noodles

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 0.3 cup parmesan cheese grated
- 2 teaspoons salt
- 4 servings salt and pepper black to taste
- 6 zucchini

Equipment

- frying pan
- pot

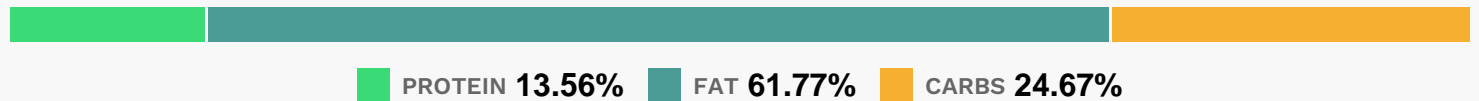
mandoline

colander

Directions

- Cut zucchini into thin, noodle-like strips (a mandoline works well for this). Toss with the 2 teaspoons salt, and place in a colander to drain for 30 minutes.
- Bring a pot of water to boil.
- Add zucchini; cook for one minute.
- Drain; rinse immediately with cold water to stop cooking.
- Heat margarine in a large skillet over medium high heat.
- Add zucchini and garlic; cook and stir until just tender, about 5 minutes. Season to taste with salt and pepper.
- Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.93, Inflammation Score:-8, Nutrition Score:13.536087029006%

Flavonoids

Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 151.79kcal (7.59%), Fat: 11.14g (17.14%), Saturated Fat: 2.97g (18.56%), Carbohydrates: 10.01g (3.34%), Net Carbohydrates: 7.07g (2.57%), Sugar: 7.35g (8.17%), Cholesterol: 5.44mg (1.81%), Sodium: 1588.44mg (69.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin C: 52.65mg (63.81%), Manganese: 0.53mg (26.46%), Vitamin B6: 0.49mg (24.26%), Potassium: 783.53mg (22.39%), Vitamin A: 1017.65IU (20.35%), Folate: 71.04µg (17.76%), Vitamin B2: 0.3mg (17.75%), Phosphorus: 153.76mg (15.38%), Magnesium: 55.46mg (13.86%), Vitamin K: 12.75µg (12.14%), Fiber: 2.94g (11.76%), Calcium: 106.28mg (10.63%), Vitamin B1: 0.14mg (9%), Zinc: 1.21mg (8.1%), Copper: 0.16mg (7.97%), Vitamin B3: 1.33mg (6.67%), Vitamin B5: 0.63mg (6.29%), Iron: 1.13mg (6.26%), Vitamin E: 0.71mg (4.73%), Selenium: 2.78µg (3.97%), Vitamin B12: 0.09µg (1.58%)