



Zucchini Ribbons with Herbed Butter

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 1 shallots minced
- 2 zucchini

Equipment

- bowl
- frying pan
- mandoline
- tongs

Directions

- Special equipment: mandoline slicer
- Slice the zucchini into long ribbons 1/16-inch thick using a mandoline slicer.
- Add the butter and oil to a large saute pan over medium-high heat.
- Add the shallots then the zucchini in two batches and toss through the hot butter and oil, using tongs, until soft, a good 4 to 5 minutes.
- Add the basil, parsley and lemon zest at the very end. Season the zucchini with salt and pepper and stir.
- Transfer to a serving bowl.

Nutrition Facts

PROTEIN 4.17% **FAT 83.7%** **CARBS 12.13%**

Properties

Glycemic Index:57.25, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:6.208695627425%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 133.96kcal (6.7%), Fat: 13.01g (20.02%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3g (1.09%), Sugar: 2.96g (3.29%), Cholesterol: 15.05mg (5.02%), Sodium: 54.34mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Vitamin K: 27.61µg (26.29%), Vitamin C: 19.46mg (23.59%), Manganese: 0.21mg (10.59%), Vitamin A: 482.34IU (9.65%), Vitamin B6: 0.18mg (9.17%), Vitamin E: 1.3mg (8.69%), Potassium: 286.75mg (8.19%), Folate: 27.73µg (6.93%), Vitamin B2: 0.1mg (5.72%), Magnesium: 20.08mg (5.02%), Fiber: 1.25g (4.99%), Phosphorus: 43.69mg (4.37%), Vitamin B1: 0.05mg (3.29%), Iron: 0.57mg (3.14%),

Copper: 0.06mg (3.11%), Zinc: 0.36mg (2.41%), Vitamin B3: 0.48mg (2.38%), Vitamin B5: 0.23mg (2.32%), Calcium: 22.45mg (2.25%)