



Zucchini Saute

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 large zucchini squash thinly sliced

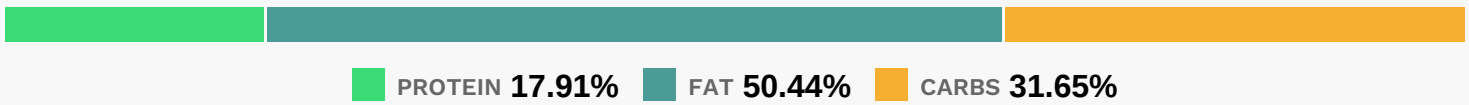
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil in a medium skillet over medium heat. When hot, add the garlic and saute for 2 minutes, or until fragrant; don't let it brown.
- ☐ Add the squash, salt and pepper and cook until the squash is tender but still slightly crisp, about 5 minutes.
- ☐ Transfer the squash to a serving dish and sprinkle with the Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:5.6300000227664%

Flavonoids

Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 49.65kcal (2.48%), Fat: 3.02g (4.64%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.03g (1.1%), Sugar: 3.03g (3.37%), Cholesterol: 2.72mg (0.91%), Sodium: 209.8mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 21.74mg (26.35%), Manganese: 0.23mg (11.43%), Vitamin B6: 0.2mg (10.12%), Potassium: 323.52mg (9.24%), Vitamin B2: 0.13mg (7.35%), Folate: 29.27µg (7.32%), Phosphorus: 66.23mg (6.62%), Vitamin K: 6.42µg (6.11%), Magnesium: 23.05mg (5.76%), Vitamin A: 269.64IU (5.39%), Fiber: 1.23g (4.92%), Calcium: 47.73mg (4.77%), Vitamin B1: 0.06mg (3.72%), Zinc: 0.53mg (3.51%), Copper: 0.07mg (3.35%), Vitamin E: 0.41mg (2.76%), Vitamin B3: 0.55mg (2.75%), Iron: 0.48mg (2.68%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.37µg (1.95%)