



Zucchini Sautéed with Fresh Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil leaves fresh shredded
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parsley fresh italian finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds zucchini

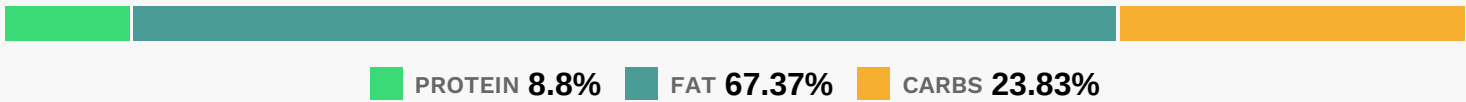
Equipment

☐ frying pan

Directions

- ☐ Cut zucchini lengthwise in half, and cut into 1/4-inch-thick wedges about 1 1/2 inches long.
- ☐ Saut garlic in hot oil in a skillet over medium-high heat until lightly browned; stir in parsley, and cook about 30 seconds.
- ☐ Add zucchini, cook, stirring occasionally, 8 to 10 minutes or until tender.
- ☐ Stir in 1 teaspoon chopped mint leaves and remaining ingredients; cook 30 seconds or until thoroughly heated.
- ☐ Remove from heat, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:5.941304344198%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 62.77kcal (3.14%), Fat: 5.05g (7.77%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 2.79g (1.02%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 203.55mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 21.56mg (26.14%), Vitamin K: 20.29µg (19.33%), Manganese: 0.24mg (12.21%), Vitamin B6: 0.2mg (9.94%), Potassium: 307.05mg (8.77%), Folate: 28.53µg (7.13%), Vitamin B2: 0.11mg (6.41%), Vitamin A: 302.25IU (6.04%), Vitamin E: 0.82mg (5.46%), Magnesium: 21.51mg (5.38%), Fiber: 1.23g (4.9%), Phosphorus: 45.47mg (4.55%), Vitamin B1: 0.05mg (3.59%), Copper: 0.07mg (3.39%), Iron: 0.53mg (2.96%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.39mg (2.58%), Vitamin B5: 0.24mg (2.43%), Calcium: 22.41mg (2.24%)