



Zucchini Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients



1 bunch parsley fresh chopped



3 tablespoons salad dressing italian



1 teaspoon olive oil



0.5 medium onion finely chopped



2 medium zucchini finely chopped

Equipment

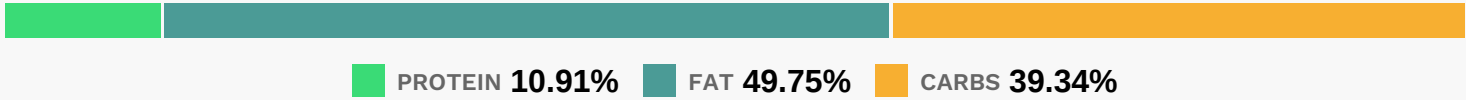


sauce pan

Directions

- ☐ Heat the olive oil in a saucepan over medium-low heat, and cook the zucchini and onion until onion is very tender.
- ☐ Mix in the Italian salad dressing and parsley, and continue cooking until heated through.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:11.963478303474%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 61.33kcal (3.07%), Fat: 3.66g (5.62%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 4.82g (1.75%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 120.65mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin K: 244.45µg (232.81%), Vitamin C: 37.55mg (45.52%), Vitamin A: 1400.48IU (28.01%), Folate: 47.79µg (11.95%), Manganese: 0.22mg (10.86%), Potassium: 363.63mg (10.39%), Vitamin B6: 0.2mg (9.79%), Iron: 1.31mg (7.27%), Fiber: 1.68g (6.74%), Magnesium: 26.67mg (6.67%), Vitamin B2: 0.11mg (6.46%), Phosphorus: 51.07mg (5.11%), Vitamin B1: 0.06mg (4.32%), Copper: 0.08mg (4.03%), Vitamin E: 0.6mg (4.01%), Calcium: 39.88mg (3.99%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.66mg (3.29%), Vitamin B5: 0.27mg (2.74%)