



## Zucchini with Garlic

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



71 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 garlic cloves minced
- 1 tablespoon butter light
- 0.3 teaspoon salt
- 0.8 pound zucchini cubed

### Equipment

- frying pan

## Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add garlic, and saut 1 minute.
- Add zucchini, and cook, stirring occasionally, 6 to 7 minutes or until crisp-tender. Stir in salt and pepper.

## Nutrition Facts

**PROTEIN 13.33%** **FAT 51.1%** **CARBS 35.57%**

## Properties

Glycemic Index:38.5, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:8.0547826549281%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 71.18kcal (3.56%), Fat: 4.43g (6.82%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.08g (1.85%), Sugar: 4.3g (4.78%), Cholesterol: 7.42mg (2.47%), Sodium: 307.63mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin C: 31.85mg (38.61%), Manganese: 0.41mg (20.45%), Vitamin B6: 0.33mg (16.72%), Potassium: 470.35mg (13.44%), Folate: 41.07µg (10.27%), Vitamin B2: 0.17mg (10.01%), Vitamin A: 460.83IU (9.22%), Magnesium: 32.53mg (8.13%), Vitamin K: 8.14µg (7.75%), Phosphorus: 74.3mg (7.43%), Fiber: 1.86g (7.43%), Vitamin B1: 0.09mg (5.77%), Copper: 0.11mg (5.36%), Iron: 0.81mg (4.49%), Zinc: 0.62mg (4.12%), Vitamin B3: 0.8mg (4.01%), Calcium: 40.01mg (4%), Vitamin B5: 0.38mg (3.77%), Vitamin E: 0.32mg (2.14%), Selenium: 1.06µg (1.52%)