



Zucchini with Orange and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic smashed
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 3 orange zest cut in 1/2
- ☐ 1 bunch parsley finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 small zucchini cut into 1/2 inch slices on the bias

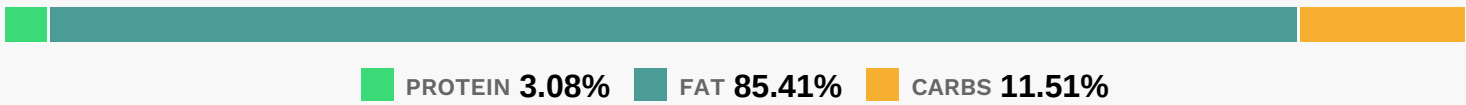
Equipment

- ☐ frying pan

Directions

- ☐ In a 12- to 14-inch saute pan, heat olive oil over medium heat until smoking.
- ☐ Add zucchini and cook for 2 minutes until golden brown. Turn pieces over, add garlic, and cook until zucchini is golden brown. Squeeze orange halves into pan and let juice reduce by half.
- ☐ Add parsley and orange zest. Season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:10.386086918738%

Flavonoids

Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 144.77kcal (7.24%), Fat: 14.28g (21.98%), Saturated Fat: 2g (12.49%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 2.75g (1%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 10.69mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin K: 166.95µg (159%), Vitamin C: 31.67mg (38.39%), Vitamin A: 944.12IU (18.88%), Vitamin E: 2.17mg (14.5%), Folate: 30.45µg (7.61%), Manganese: 0.15mg (7.46%), Potassium: 224.82mg (6.42%), Vitamin B6: 0.13mg (6.4%), Fiber: 1.59g (6.34%), Iron: 0.96mg (5.34%), Magnesium: 17.11mg (4.28%), Vitamin B2: 0.07mg (4.2%), Calcium: 34.6mg (3.46%), Phosphorus: 30.88mg (3.09%), Vitamin B1: 0.04mg (2.94%), Copper: 0.06mg (2.76%), Vitamin B3: 0.45mg (2.26%), Zinc: 0.32mg (2.12%), Vitamin B5: 0.2mg (1.95%)