



Zucchini with Peppermint (Curcurica kin Menta)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 2 tablespoons mint leaves
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 6 tablespoons pecorino crumbled
- ☐ 0.3 teaspoon sea salt
- ☐ 2 pounds zucchini cubed

- ☐ 2 sheets frangelico (Sardinian music bread)
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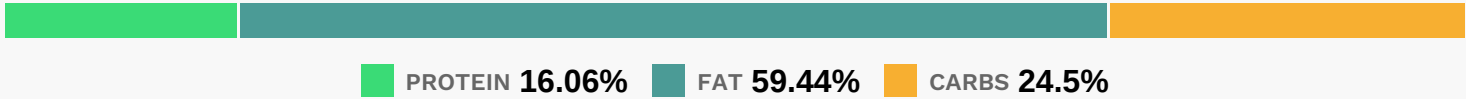
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions to pan; saut 1 minute, stirring frequently.
- ☐ Add zucchini, parsley, and salt. Reduce heat to medium-low, and cook 20 minutes or until zucchini is tender, stirring frequently.
- ☐ Add torn mint; cook 1 minute.
- ☐ Sprinkle with cheese; serve over pane carasau.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:8.2456522227629%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 84.47kcal (4.22%), Fat: 5.95g (9.16%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.85g (4.28%), Cholesterol: 7.65mg (2.55%), Sodium: 122.71mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin C: 28.67mg (34.75%), Vitamin K: 21.78µg (20.74%), Manganese: 0.29mg (14.55%), Vitamin B6: 0.26mg (12.81%), Potassium: 426.37mg (12.18%), Vitamin B2: 0.18mg (10.43%), Folate: 41.64µg (10.41%), Vitamin A: 506.07IU (10.12%), Phosphorus: 83.13mg (8.31%), Magnesium:

30.73mg (7.68%), Fiber: 1.69g (6.77%), Calcium: 61.03mg (6.1%), Vitamin B1: 0.07mg (4.83%), Vitamin E: 0.71mg (4.75%), Zinc: 0.69mg (4.58%), Copper: 0.09mg (4.53%), Iron: 0.78mg (4.32%), Vitamin B3: 0.74mg (3.7%), Selenium: 2.48µg (3.55%), Vitamin B5: 0.35mg (3.49%)