



Zucchini with Pine Nuts and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



48 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 tablespoon pinenuts toasted
- ☐ 3 medium zucchini cut into 1/2 inch cubes

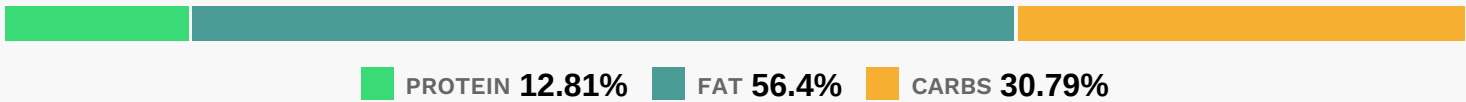
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add zucchini; saut 11 minutes or until tender. Stir in pine nuts and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:5.9343478835147%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 48.3kcal (2.41%), Fat: 3.35g (5.16%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 2.83g (1.03%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 242.09mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.43%), Vitamin C: 21.87mg (26.5%), Manganese: 0.4mg (19.77%), Vitamin B6: 0.19mg (9.75%), Potassium: 322.07mg (9.2%), Vitamin K: 8.04µg (7.65%), Folate: 29.45µg (7.36%), Vitamin B2: 0.12mg (6.8%), Magnesium: 26.51mg (6.63%), Phosphorus: 56.53mg (5.65%), Fiber: 1.29g (5.15%), Vitamin A: 238.07IU (4.76%), Copper: 0.09mg (4.52%), Vitamin B1: 0.06mg (4.07%), Vitamin E: 0.57mg (3.77%), Iron: 0.62mg (3.47%), Zinc: 0.51mg (3.4%), Vitamin B3: 0.62mg (3.12%), Vitamin B5: 0.25mg (2.49%), Calcium: 20.58mg (2.06%)