



Zucchini with Thyme



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound zucchini fresh cut into 3-by-1/2-inch sticks
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground

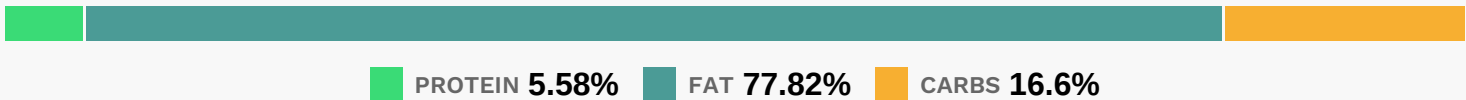
Equipment

☐ frying pan

Directions

- ☐ Cook onions with parsley: In a large skillet, heat the olive oil and butter on medium heat.
- ☐ Add the onion and parsley, sprinkle with salt, and cook until soft, but not browned.
- ☐ Add the zucchini sticks and thyme to the onions.
- ☐ Sprinkle with a little more salt and some black pepper. Gently stir to coat the zucchini.
- ☐ Cover and cook until tender, from 10 to 15 minutes, depending on how tender the the raw zucchini is to begin with, and how small you have sliced the pieces. Check and stir every few minutes. Be careful not to overcook.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:9.3917391160908%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 112.54kcal (5.63%), Fat: 10.26g (15.79%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.38g (1.23%), Sugar: 3.3g (3.66%), Cholesterol: 7.53mg (2.51%), Sodium: 206.04mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin K: 75.33µg (71.74%), Vitamin C: 26.15mg (31.7%), Vitamin A: 640.41IU (12.81%), Manganese: 0.25mg (12.63%), Vitamin B6: 0.2mg (10.1%), Potassium: 335.66mg (9.59%), Folate: 35.62µg (8.91%), Vitamin E: 1.28mg (8.5%), Vitamin B2: 0.12mg (6.78%), Fiber: 1.55g (6.18%), Magnesium: 24.08mg (6.02%), Iron: 1.03mg (5.74%), Phosphorus: 49.67mg (4.97%), Vitamin B1: 0.06mg (4.03%), Copper: 0.07mg (3.69%), Calcium: 31.82mg (3.18%), Vitamin B3: 0.59mg (2.94%), Zinc: 0.44mg (2.94%), Vitamin B5: 0.26mg (2.64%)