

Sautéed Zucchini

Ingredients:

- 3 zucchini, chopped to ½ inch pieces
- 1 tbsp. garlic cloves, minced
- 1 tbsp. olive oil
- ½ tsp. kosher salt
- 1 tsp. black pepper



| Nutrition Facts | | | |
|--|-----------|----------------------|-------------|
| Serving Size 1/2 cup (113g) | | | |
| Servings Per Container 5 | | | |
| Amount Per Serving | | | |
| Calories 45 | | Calories from Fat 25 | |
| % Daily Value* | | | |
| Total Fat 3g | | | 5% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 190mg | | | 8% |
| Total Carbohydrate 4g | | | 1% |
| Dietary Fiber 1g | | | 4% |
| Sugars 2g | | | |
| Protein 1g | | | |
| Vitamin A 4% | • | Vitamin C 35% | |
| Calcium 2% | • | Iron 2% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | • Carbohydrate 4 | • Protein 4 |



Directions:

1. Heat oil on in a medium sized sauce pan. Add zucchini, minced garlic, salt and pepper, stirring frequently.
2. Sautee until slightly brown, and soft but not mushy.