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Zucchini Pasta

Zucchini pasta is a healthy and delicious alternative to traditional pasta. It is made by spiralizing zucchini into thin strands and serving it with various sauces and toppings. This recipe is vegan and gluten-free.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

600 g	zucchini
400 g	tomato sauce
2 cloves	garlic
2 tbsp	Olive oil
10 g	Basil

1 tsp Salt

0.5 tsp Black pepper

Directions

Step 1

Spiralize the zucchini into thin strands.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a pan and sauté minced garlic until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Simmering

Add tomato sauce, salt, and black pepper to the pan. Cook for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the spiralized zucchini to the pan and cook for 2 minutes, until tender.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serve the zucchini pasta with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 3 g

Protein: 2 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian

Chinese

Mediterranean

American

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

High Vitamin C

Kitchen Tools

Blender

Course

Appetizers

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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