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Zucchini [•]

Zucchini is a vegan recipe made with zucchini noodles. It is a healthy and delicious alternative to traditional pasta dishes. The zucchini noodles are cooked with a flavorful sauce and topped with fresh herbs and vegan cheese.

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

500 g	zucchini
2 c	tomato sauce
2 cloves	garlic
2 tbsp	olive oil

10 Basil
leaves

100 g vegan cheese

Directions

Step 1

Cut

Using a spiralizer, create zucchini noodles.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

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

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Simmering

Add tomato sauce to the pan and let it simmer for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooking

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Garnish with fresh basil leaves and vegan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

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	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer

Fall

Cuisines

Italian

Chinese

Japanese

Mediterranean

Spanish

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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