



Stir fry zucchini

Cooking time:
3-4 mins

Serves:
1 medium bowl



Expert comments:

- Zucchini can be preferred as a salad as well as in sauteed form
- Prefer yellow zucchini over green zucchini as the yellow version is slightly lower in potassium as compared to the green version

Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
0.9	2.7	1.5	36.3	0.2	91.7	14.6	22.4

