

Mushroom Zucchini Sauté

Prep Time 10 mins
 Total Time 18 mins
 Meal Type Lunch,Dinner,Side
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 2 Tbs olive oil
- 4 zucchini, *sliced into half circles*
- 8 oz mushrooms, *sliced*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Slice zucchini and mushrooms.

Make

1. Sauté olive oil over medium heat. Add mushrooms and sauté for 3 minutes.
2. Add zucchini and sauté for another 2-3 minutes.
3. Season with salt and pepper.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	74	Total Fat 7.0g	10%	Total Carbohydrates 3g	0%
		Saturated Fat 0.9g	4%	Dietary Fiber 1g	3%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Protein 1g	
		Sodium 6mg	0%		
Vitamin D 0mcg 1% · Calcium 4mg 0% · Iron 0mg 1% · Potassium 257mg 5%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)