



A Nutrition Resource

ZUCCHINI AU GRATIN

Yield: 6 Servings | Serving Size: 2/3 cup
Cost/serving: \$0.55

Ingredients:

4 cups sliced zucchini
1/2 cup sliced onion
1 Tablespoon water
1 Tablespoon butter or vegetable oil
Pepper to taste
3 Tablespoons grated Parmesan cheese

Directions:

- 1) Place zucchini, onion, water, butter, and pepper in frying pan
- 2) Cover and cook over medium heat for 1 minute.
- 3) Turn with large spoon to cook evenly. Cook until zucchini is tender, but slightly crisp. Sprinkle with cheese; toss lightly

Option: Use any summer squash - such as a crookneck or patty pan squash.



Nutrition Facts

6 servings per container

Serving size 2/3 cup (104g)

Amount per serving

Calories **50**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 60mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 54mg **4%**

Iron 0mg **0%**

Potassium 236mg **6%**

*The % Daily Value 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.

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