

Easy Zucchini

Southern Living - 1987 Annual Recipes

Servings: 4

2 medium zucchini

*2 tablespoons butter or margarine,
melted*

1 tablespoon lemon juice

2 tablespoons Parmesan cheese, grated

Cut the zucchini in half crosswise. Cut each piece into six sticks.

Place the zucchini in a steaming rack. Place the rack over boiling water. Cover and steam for 3 to 5 minutes or until crisp-tender.

Transfer the zucchini to a serving dish.

Combine the butter and the lemon juice. Pour over the zucchini and toss gently.

Sprinkle with cheese.

Per Serving (excluding unknown items): 77 Calories; 7g Fat (73.0% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 108mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	77
% Calories from Fat:	73.0%
% Calories from Carbohydrates:	16.0%
% Calories from Protein:	11.0%
Total Fat (g):	7g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	17mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	23mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
	0
	1

Protein (g):
Sodium (mg): 108mg
Potassium (mg): 252mg
Calcium (mg): 51mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 11mg
Vitamin A (i.u.): 568IU
Vitamin A (r.e.): 92 1/2RE

Lean Meat:
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 77 Calories from Fat: 56

% Daily Values*

Total Fat	7g	10%
Saturated Fat	4g	20%
Cholesterol	17mg	6%
Sodium	108mg	5%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	5%
Protein	2g	

Vitamin A	11%
Vitamin C	18%
Calcium	5%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.