

Stir Fried Zucchini Noodles

Prep Time: 10 Min Cook Time: 10 Min Total Time: 20 Min



SERVINGS: 6

Nutritional Facts

Serving Size: 3/4 cup

Amount Per Serving

Calories 67	Calories from Fat 41
	% Daily Value *
Total Fat 5g	7%
Saturated Fat 1g	3%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 213mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	13%
Sugars 8g	

Protein 4g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 tbsp vegetable oil
- 2 onions, sliced thinly
- 4 small zucchini, spiralized
- 1 tbsp low sodium soy sauce (GF if needed)
- 2 tbsp low sodium teriyaki sauce (GF if needed)
- 2 tbsp sesame seeds

Directions

- 1 Heat the oil over high heat in a large frying pan or wok. Cook for 4 minutes until softened.
- 2 Add soy sauce, teriyaki sauce, and sesame seeds and serve immediately.

Notes

