## 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

Calories 67	Calories from Fat 41
	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Monounsaturated Fat Og	0%
Polyunsaturated Fat Og	0%
Cholesterol Omg	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.



WeightWatchers<sup>®</sup> Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

# Ingredients

1 tbsp vegetable oil

2 onions, sliced thinly

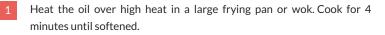
4 small zucchini, spiralized

 $1\,tbsp$  low sodium soy sauce (GF if needed)

2 tbsp low sodium teriyaki sauce (GF if needed)

2 tbsp sesame seeds

## Directions



Add soy sauce, teriyaki sauce, and sesame seeds and serve immediately.

#### Notes



