

# Zoodles

## Ingredients:

4 medium zucchinis, spiralized  
1 teaspoon onion powder  
1 teaspoon garlic powder



## Nutrition Facts

4 servings per container  
Serving size 1 cup (197g)

Amount per serving  
**Calories 40**

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%

<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 527mg	10%

\*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.

## Instructions:

1. Using a spiralizer or veggetti, spiralize the zucchini to thin strands.
2. Heat up a pan on medium heat, add the zoodles, then the garlic and onion powder, combining with a spoon. Cook for about 3 minutes. Test according to your texture preference.
4. Top with the sauce of your choice. This replaces regular pasta to save calories and increase your vegetables intake.

Recipe by Maggie Carneiro, Dietitian