

Recipe Analyzer Results

A single serving of the ultimate squashapasti has 239 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 1

Amount per serving

Calories **239**

% Daily Value*

Total Fat 21.9g	28%
Saturated Fat 3.2g	16%
Cholesterol 0mg	0%
Sodium 33mg	1%
Total Carbohydrate 12.3g	4%
Dietary Fiber 4.5g	16%
Total Sugars 5.8g	
Protein 4.3g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 2mg	10%
Potassium 902mg	19%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 1 yellow zucchini
- 1 olive oil
- 1 Thyme
- 1 salt and pepper to taste
- 1 paprika