

# Easy Italian Appetizer

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-appetizer-recipe-ideas>

## Ingredients:

- 1 pound zucchini 2-3 small to medium, about 6 ounces each, 175 grams
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 4 cloves garlic thinly sliced
- 2 tablespoons Italian parsley fresh, chopped
- 2 tablespoons basil fresh, hand torn
- 2 tablespoons white wine vinegar
- salt
- pepper
- fresh basil to garnish, optional

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 6 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 350 milligrams
8. Sugar: 3 grams

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