

'Calabacitas Guisada' (Stewed Mexican Zucchini)

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-stewed-tomatoes>

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 white onion small, sliced thinly
- 2 cloves garlic minced
- 4 zucchini sliced 1/4-inch thick
- 14 ounces stewed tomatoes
- salt to taste
- 1 cup shredded mild cheddar cheese

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 15 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 3 grams
8. Sodium: 300 milligrams
9. Sugar: 5 grams

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