

# Japanese Zucchini

Yield: 4 min  
Total Time: 13 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-side-dish>

## Ingredients:

- 3 medium zucchini
- 2 tablespoons vegetable oil
- 1 sweet onion medium, coarsley chopped
- 2 tablespoons teriyaki sauce
- 1 tablespoon soy sauce
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon black pepper
- 1 toasted sesame seeds teaspoon

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 13 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 590 milligrams
8. Sugar: 10 grams

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