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## METABOLIC NUTRITION PROGRAM

### Carrot, Zucchini, Squash Ribbons- 8 servings

Adapted from recipe by The Deen Brothers

Per Serving: 60 Calories, 2 gm Protein, 3 gm Fat, 8 gm Carbohydrates

- 2 large carrots, peeled
- 2 large zucchini, peeled
- 2 large yellow squash, peeled
- 2 tablespoon unsalted butter
- 2 garlic cloves
- 2 tablespoon fresh parsley, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ lime, juiced

### Directions

1. Cut carrots, zucchini, and squash into thin ribbons with a mandoline slicer.
2. In a large skillet, melt butter over medium-high heat. Add garlic and cook for 2 minutes. Add carrot ribbons.
3. Toss in zucchini and squash ribbons, salt, pepper and lime juice. Cook for 6 to 10 minutes.

<b>Nutrition Facts</b>	
Serving Size (189g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 2g</b>	
Vitamin A 70%	• Vitamin C 50%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	