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Our Heart "Beets" Plant Strong

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Zoodles & White Beans

Ingredients:

- 2 zucchini
- Box cherry tomatoes
- 1 can white great northern beans
- Fresh basil
- Rice noodles
- Poblano pepper
- 4 garlic cloves diced
- Black pepper
- 1 box mushrooms-bella/shitake/white

Directions:

1. Cook rice noodles in water 3 minutes
2. In a large skillet sauté the garlic, poblano pepper and mushrooms with ¼ cup water for 5 minutes.
3. Add zoodles and cook an additional 2 minutes.
4. Add the tomatoes, beans and sauté.
5. Sever over rice noodles.

| Nutrition Facts | |
|--|--------------|
| Servings 2.0 | |
| Amount Per Serving | |
| calories | 459 |
| % Daily Value * | |
| Total Fat 1 g | 2 % |
| Saturated Fat 0 g | 1 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 442 mg | 18 % |
| Potassium 1950 mg | 56 % |
| Total Carbohydrate 93 g | 31 % |
| Dietary Fiber 18 g | 70 % |
| Sugars 10 g | |
| Protein 23 g | 46 % |
| Vitamin A | 54 % |
| Vitamin C | 136 % |
| Calcium | 62 % |
| Iron | 24 % |
| * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. | |