

Ajlouk Qura'a (Mashed-Zucchini Salad)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon caraway seeds
- 2 ounces feta cheese crumbled
- 1 garlic clove crushed
- 0.5 teaspoon ground coriander
- 0.5 teaspoon harissa
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon salt

1.3 pounds zucchini 1-inch-thick cut into slices

Equipment

- bowl
- sauce pan
- whisk
- colander

Directions

- Place zucchini in a large saucepan; cover with water to 1 inch above zucchini. Bring to a boil, and cook 20 minutes or until zucchini is very tender.
- Drain. While zucchini is still in colander, coarsely mash zucchini with a fork; drain.
- Combine juice and next 6 ingredients (juice through garlic) in a bowl; stir with a whisk.
- Add zucchini; toss well.
- Sprinkle with cheese.
- Serve with pita bread.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.1269565380138%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 48.35kcal (2.42%), Fat: 3.55g (5.46%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.87g (2.07%), Cholesterol: 6.31mg (2.1%), Sodium: 236.18mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin C: 13.63mg (16.52%), Vitamin B6: 0.15mg (7.6%),

Vitamin B2: 0.13mg (7.54%), Manganese: 0.14mg (6.92%), Potassium: 197.29mg (5.64%), Phosphorus: 52.92mg (5.29%), Folate: 19.7µg (4.93%), Calcium: 48.99mg (4.9%), Vitamin K: 4.25µg (4.05%), Magnesium: 15.09mg (3.77%), Vitamin A: 174.38IU (3.49%), Fiber: 0.83g (3.32%), Vitamin B1: 0.05mg (3%), Zinc: 0.45mg (3%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (2.21%), Vitamin B5: 0.22mg (2.18%), Iron: 0.37mg (2.06%), Vitamin B3: 0.41mg (2.03%), Vitamin B12: 0.12µg (2%), Selenium: 1.31µg (1.87%)