



Apple-And-Zucchini Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cucumbers peeled thinly sliced
- ☐ 1 teaspoon basil dried
- ☐ 1 large apples i use 2 granny smith apples diced
- ☐ 1 bell pepper green cut into thin strips
- ☐ 1 tablespoon juice of lemon
- ☐ 1 Leaf lettuce
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 large delicious apples diced red

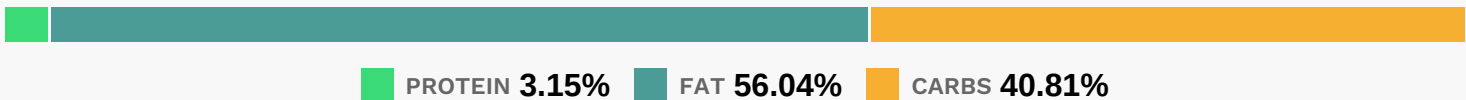
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 2 small zucchini thinly sliced

Equipment

Directions

- ☐ Combine oil and next 6 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Combine apple and next 3 ingredients; toss with dressing.
- ☐ Serve on individual lettuce-lined serving plates.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:2.97, Inflammation Score:-3, Nutrition Score:5.1265217810869%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 115.53kcal (5.78%), Fat: 7.58g (11.67%), Saturated Fat: 1.17g (7.28%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 9.9g (3.6%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 178.95mg (7.78%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin C: 19.41mg (23.52%), Vitamin K: 23.04µg (21.94%), Fiber: 2.53g (10.11%), Manganese: 0.14mg (7.14%), Potassium: 242.79mg (6.94%), Vitamin B6: 0.13mg (6.28%), Vitamin E: 0.82mg (5.47%), Folate: 18.11µg (4.53%), Magnesium: 17.05mg (4.26%), Copper: 0.08mg (4.23%), Vitamin A: 175.68IU (3.51%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 32.18mg (3.22%), Vitamin B1: 0.05mg (3.21%), Iron: 0.46mg (2.53%), Vitamin B5: 0.25mg (2.49%), Calcium: 20.37mg (2.04%), Zinc: 0.23mg (1.54%), Vitamin B3: 0.25mg (1.27%)