



WHATSheATE



Asparagus and Zucchini Crudi



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 ounce pecorino cheese shaved for garnish
- ☐ 0.5 teaspoon salt
- ☐ 2 zucchini trimmed

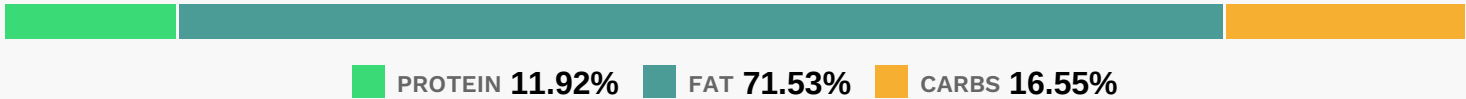
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Using a vegetable peeler, shave the zucchini into long thin strips. Thinly slice the asparagus on a diagonal. Toss the slices together and place the salad in a serving bowl.
- ☐ In a small bowl, combine the olive oil, lemon juice, salt, and pepper. Stir to combine and drizzle over the vegetables. Toss to coat.
- ☐ Garnish with the pecorino shavings.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:9.7965216753276%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 125.26kcal (6.26%), Fat: 10.59g (16.29%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 3.25g (1.18%), Sugar: 3.2g (3.56%), Cholesterol: 4.91mg (1.64%), Sodium: 257.46mg (11.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin K: 39.67µg (37.78%), Vitamin C: 17.83mg (21.61%), Vitamin E: 2.24mg (14.94%), Vitamin A: 718.03IU (14.36%), Folate: 56.02µg (14.01%), Manganese: 0.25mg (12.34%), Vitamin B2: 0.19mg (10.91%), Iron: 1.95mg (10.82%), Phosphorus: 100.27mg (10.03%), Potassium: 332.47mg (9.5%), Vitamin B1: 0.14mg (9.31%), Vitamin B6: 0.18mg (9.07%), Fiber: 2.26g (9.06%), Copper: 0.18mg (8.99%), Calcium: 79.61mg (7.96%), Magnesium: 24.64mg (6.16%), Vitamin B3: 1.04mg (5.19%), Zinc: 0.74mg (4.93%), Vitamin B5: 0.37mg (3.67%), Selenium: 2.55µg (3.64%)