



HEALTH SCORE

83%

Baby Zucchini Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 baby zucchini sliced
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 leaves basil fresh minced
- ☐ 2 tablespoons olive oil smoked
- ☐ 1 bell pepper diced red
- ☐ 0.5 onion red sliced thin
- ☐ 4 servings salt and pepper to taste

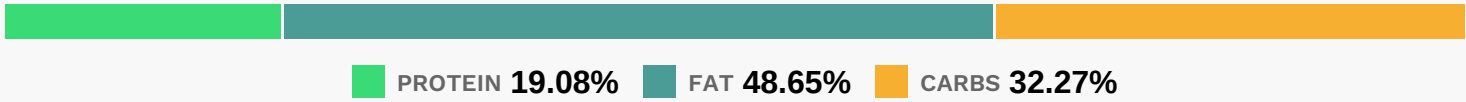
Equipment

☐ bowl

Directions

- ☐ Toss the zucchini, onion, bell pepper, and basil together in a large bowl.
- ☐ Drizzle the olive oil and balsamic vinegar over the mixture and toss again to evenly coat.
Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.34, Inflammation Score:-9, Nutrition Score:17.479999998341%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 133.66kcal (6.68%), Fat: 8.08g (12.44%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 8.51g (3.09%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 204.87mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Vitamin C: 122.69mg (148.71%), Vitamin A: 2145.43IU (42.91%), Potassium: 1217.2mg (34.78%), Manganese: 0.55mg (27.26%), Phosphorus: 241.23mg (24.12%), Vitamin B6: 0.45mg (22.57%), Magnesium: 86.92mg (21.73%), Folate: 65.47µg (16.37%), Zinc: 2.14mg (14.27%), Fiber: 3.56g (14.23%), Copper: 0.25mg (12.56%), Iron: 2.2mg (12.21%), Vitamin B3: 2.04mg (10.18%), Vitamin B5: 1.01mg (10.11%), Vitamin E: 1.48mg (9.89%), Vitamin B1: 0.13mg (8.36%), Vitamin B2: 0.12mg (6.91%), Vitamin K: 6.76µg (6.44%), Calcium: 59.49mg (5.95%), Selenium: 0.83µg (1.19%)