



Carpaccio of Raw Zucchini



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

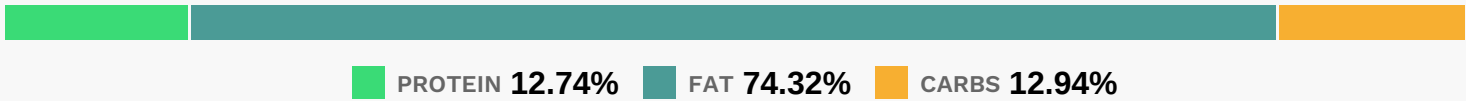
- ☐ 0.3 cup herbs fresh such as chervil, dill, chives, and chive blossoms chopped
- ☐ 4 servings mint leaves fresh for garnish, optional
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 young leek light paper-thin white green cleaned sliced
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 cup ricotta cheese
- ☐ 2 zucchini paper-thin sliced into rounds

Equipment

Directions

- ☐
- Shingle the zucchini slices in a single overlapping layer on a platter. Dust with salt and pepper, then drizzle with a 3-count of olive oil and the lemon juice. Put that into the refrigerator for about 10 minutes to give the flavors a chance to get into the zucchini. Now scatter the leeks over.
- ☐
- Sprinkle with the herbs. Then garnish with the ricotta cheese and mint leaves, if using.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:13.762608561827%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 265kcal (13.25%), Fat: 22.48g (34.58%), Saturated Fat: 7.18g (44.85%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 7.18g (2.61%), Sugar: 3.61g (4.01%), Cholesterol: 31.62mg (10.54%), Sodium: 67.12mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.35%), Vitamin K: 85.45µg (81.38%), Vitamin C: 26.97mg (32.69%), Vitamin A: 1201.96IU (24.04%), Calcium: 165.56mg (16.56%), Vitamin E: 2.44mg (16.28%), Manganese: 0.32mg (15.76%), Phosphorus: 146.35mg (14.64%), Selenium: 9.42µg (13.46%), Vitamin B2: 0.23mg (13.34%), Folate: 52.81µg (13.2%), Vitamin B6: 0.24mg (12.25%), Potassium: 392.73mg (11.22%), Magnesium: 33.76mg (8.44%), Iron: 1.44mg (8%), Zinc: 1.11mg (7.43%), Fiber: 1.62g (6.48%), Copper: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.7%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.21µg (3.51%), Vitamin B3: 0.67mg (3.33%)