



Courgettes & chicory with black olive dressing



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 2 large zucchini green yellow
- ☐ 4 tbsp olive oil
- ☐ 2 heads endive
- ☐ 1 tsp sugar
- ☐ 2 tbsp olive tapenade black
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp red wine vinegar
- ☐ 3 tbsp olive oil

☐ 4 servings olives (try Kalamata)

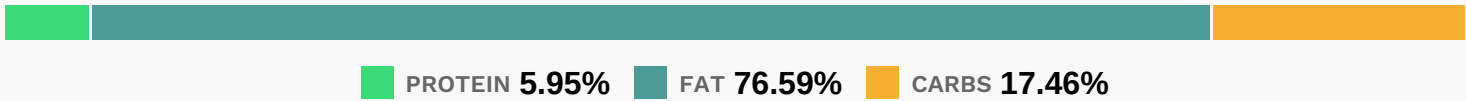
Equipment

☐ frying pan

Directions

- ☐ Slice the courgettes diagonally about 1cm thick. Season and toss with half the oil. Halve the chicory. Season with salt, pepper and sugar and toss with the remaining oil.
- ☐ Heat a griddle until very hot, then lay on the vegetables in a single layer. Cook for up to 10 mins, turning as necessary until just tender.
- ☐ Remove to a large serving plate.
- ☐ Mix the olive paste with the lemon juice, vinegar and olive oil (you dont need to season). Trickle over the vegetables and scatter with olives and capers to serve. This tastes great served with pork chops.

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:29.963478373445%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg, Kaempferol: 22.73mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 316.86kcal (15.84%), Fat: 28.54g (43.91%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 5.38g (1.96%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 375.26mg (16.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin K: 541.72µg (515.93%), Vitamin A: 5277.58IU (105.55%), Folate: 359.61µg (89.9%), Manganese: 1.23mg (61.65%), Vitamin C: 45mg (54.55%), Fiber: 9.26g (37.04%), Vitamin E: 5.48mg (36.53%), Potassium: 1142mg (32.63%), Vitamin B5: 2.36mg (23.64%), Vitamin B2: 0.32mg (18.98%), Vitamin B1: 0.26mg (17.18%), Copper: 0.33mg (16.67%), Magnesium: 65.39mg (16.35%),

Vitamin B6: 0.32mg (15.81%), Calcium: 153.94mg (15.39%), Zinc: 2.31mg (15.37%), Iron: 2.72mg (15.11%), Phosphorus: 125.77mg (12.58%), Vitamin B3: 1.68mg (8.4%), Selenium: 0.96µg (1.38%)