



Griddled courgettes with pine nuts & feta



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 3 large zucchini sliced
- ☐ 1 lemon zest
- ☐ 100 g feta cheese
- ☐ 3 tbsp pinenuts
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 1 small bunch mint leaves

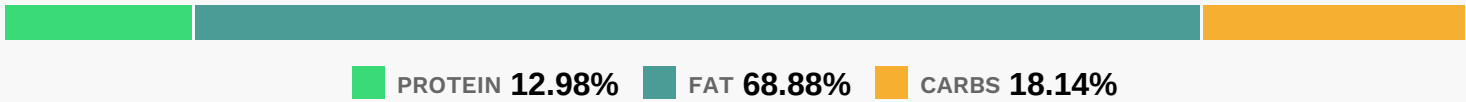
Equipment

☐ frying pan

Directions

- ☐ Brush a griddle pan with a little of the oil and place on a high heat, then griddle courgettes in batches for 2–3 mins on each side until charred and cooked through. Keep warm while you cook the rest.
- ☐ Layer on a platter and sprinkle over the lemon zest, then top with the feta, pine nuts, chilli and mint.
- ☐ Drizzle over the rest of the oil and some seasoning.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:18.429565136847%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 225.69kcal (11.28%), Fat: 18.34g (28.22%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 7.76g (2.82%), Sugar: 6.98g (7.76%), Cholesterol: 22.25mg (7.42%), Sodium: 306.08mg (13.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin C: 61.84mg (74.96%), Manganese: 1.13mg (56.44%), Vitamin B6: 0.57mg (28.44%), Vitamin B2: 0.47mg (27.6%), Phosphorus: 225.18mg (22.52%), Potassium: 736.93mg (21.06%), Vitamin K: 20.7µg (19.71%), Folate: 72.61µg (18.15%), Magnesium: 70.79mg (17.7%), Calcium: 169.29mg (16.93%), Vitamin A: 742.5IU (14.85%), Vitamin E: 2.12mg (14.17%), Zinc: 2.02mg (13.49%), Copper: 0.25mg (12.73%), Fiber: 3.11g (12.43%), Vitamin B1: 0.18mg (12.31%), Iron: 1.69mg (9.4%), Vitamin B3: 1.83mg (9.16%), Vitamin B5: 0.79mg (7.9%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.35µg (6.22%)