



Grilled Zucchini Salad with Lemon-Herb Vinaigrette and Shaved Romano and Toasted Pine Nuts

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings canola oil
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped for garnish
- ☐ 1 leaves mint torn fresh
- ☐ 4 servings honey
- ☐ 0.3 cup juice of lemon freshly squeezed

- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings wedge pecorino romano for shaving
- ☐ 2 tablespoons pinenuts toasted
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 medium zucchini sliced lengthwise into thin strips

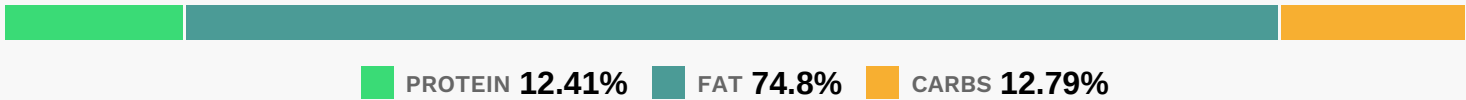
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the grill to high heat.
- ☐ Brush the zucchini on both sides with canola oil and season with salt and pepper, to taste. Grill for just about 1 minute per side (until slightly charred and wilted), then remove them to a platter.
- ☐ Whisk together the Dijon mustard, lemon juice, lemon zest, honey, to taste, and salt and pepper, to taste, and parsley in a small bowl. Slowly, whisk in the olive oil until emulsified.
- ☐ Drizzle the vinaigrette over the zucchini and let it marinate for 15 minutes at room temperature. Top with shaved cheese, pine nuts, parsley and mint leaves.

Nutrition Facts



Properties

Glycemic Index:47.57, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:14.289130314537%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 366.04kcal (18.3%), Fat: 31.4g (48.31%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 10.55g (3.84%), Sugar: 9.07g (10.08%), Cholesterol: 31.2mg (10.4%), Sodium: 410.9mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.44%), Vitamin K: 53.82µg (51.26%), Calcium: 343.33mg (34.33%), Manganese: 0.66mg (32.94%), Vitamin C: 26.84mg (32.54%), Phosphorus: 300.93mg (30.09%), Vitamin E: 3.93mg (26.23%), Vitamin B2: 0.22mg (13.2%), Magnesium: 46.6mg (11.65%), Vitamin B6: 0.2mg (10.21%), Potassium: 349.74mg (9.99%), Vitamin A: 495.34IU (9.91%), Zinc: 1.48mg (9.87%), Folate: 33.91µg (8.48%), Selenium: 5.94µg (8.48%), Copper: 0.14mg (6.97%), Iron: 1.14mg (6.33%), Fiber: 1.53g (6.13%), Vitamin B1: 0.09mg (5.75%), Vitamin B12: 0.34µg (5.6%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.76mg (3.79%)