



## Jean's Zucchini Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup celery thinly sliced
- 0.5 teaspoon basil dried
- 0.3 bell pepper green thinly sliced
- 0.1 teaspoon ground pepper black
- 0.3 onion red thinly sliced
- 0.3 cup rice vinegar
- 0.3 teaspoon salt
- 1 teaspoon vegetable oil

- 2 tablespoons water
- 6 tablespoons sugar white to taste
- 1 tablespoon red-wine vinegar
- 1.5 cups zucchini thinly sliced

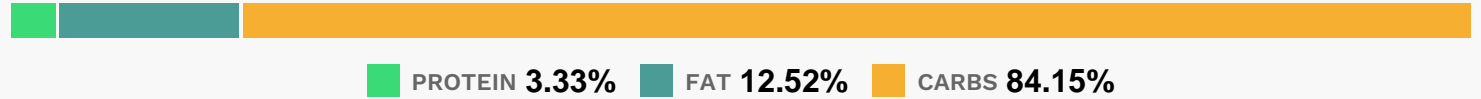
## Equipment

- bowl
- whisk

## Directions

- Mix zucchini, celery, red onion, and bell pepper in a bowl.
- Whisk sugar, rice vinegar, water, both amounts of vegetable oil, wine vinegar, basil, salt, and black pepper together in a separate bowl.
- Drizzle dressing over zucchini mixture; toss to coat. Refrigerate until chilled, 1 to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:47.22, Glycemic Load:10.35, Inflammation Score:-2, Nutrition Score:2.8717391257701%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 77.75kcal (3.89%), Fat: 1.1g (1.7%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 16.68g (5.56%), Net Carbohydrates: 15.9g (5.78%), Sugar: 15.82g (17.58%), Cholesterol: 0mg (0%), Sodium: 128.75mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 12.18mg (14.76%), Vitamin K: 8.47µg (8.07%), Manganese: 0.12mg (5.8%), Vitamin B6: 0.09mg (4.48%), Potassium: 146.83mg (4.2%), Folate: 14.52µg (3.63%), Fiber: 0.78g (3.11%), Vitamin A: 142.89IU (2.86%), Vitamin B2: 0.05mg (2.82%), Magnesium: 10.06mg (2.51%), Phosphorus: 20.45mg (2.04%), Copper: 0.04mg (1.76%), Iron: 0.31mg (1.72%), Vitamin B1: 0.02mg (1.66%), Calcium:

15.65mg (1.57%), Vitamin B3: 0.24mg (1.2%), Vitamin E: 0.18mg (1.2%), Vitamin B5: 0.11mg (1.15%), Zinc: 0.16mg (1.08%)