



Lemony Zucchini Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon dijon mustard
- 0.5 bunch parsley fresh minced
- 8 servings salt and ground pepper black to taste
- 1 lemon zest juiced
- 0.3 cup olive oil light
- 0.5 small onion sweet thinly sliced vidalia® (such as)
- 2 teaspoons sugar white
- 4 small zucchini thinly sliced

Equipment

- bowl
- whisk
- colander

Directions

- Place zucchini slices in a colander for 10 minutes, allowing juices to release; pat dry.
- Combine zucchini, onion, and parsley together in a bowl.
- Mix lemon zest, lemon juice, Dijon mustard, and sugar together in a separate bowl; season with salt and pepper. Slowly stream olive oil into lemon juice mixture while whisking constantly until dressing emulsifies.
- Pour dressing over zucchini mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:22.64, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:6.7295652783435%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 82.44kcal (4.12%), Fat: 7.01g (10.79%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 15.45mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin K: 65.26µg (62.15%), Vitamin C: 17.26mg (20.92%), Vitamin A: 419.68IU (8.39%), Vitamin E: 1.08mg (7.19%), Manganese: 0.14mg (7.06%), Vitamin B6: 0.13mg (6.41%), Folate: 24.49µg (6.12%), Potassium: 201.9mg (5.77%), Fiber: 1.03g (4.1%), Vitamin B2: 0.06mg (3.79%), Magnesium: 14.85mg (3.71%), Phosphorus: 30.99mg (3.1%), Iron: 0.56mg (3.09%), Vitamin B1: 0.04mg (2.66%), Copper: 0.05mg (2.54%), Calcium: 20.41mg (2.04%), Zinc: 0.26mg (1.74%), Vitamin B3: 0.35mg (1.74%), Vitamin B5: 0.16mg (1.61%)