



Marinated Zucchini and Yellow Squash Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cider vinegar
- 0.5 cup basil leaves fresh packed
- 1 garlic clove peeled
- 1 tablespoon juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 3 ounces part-skim mozzarella cheese cut into 1/4-inch cubes
- 0.5 teaspoon salt divided
- 4 teaspoons sugar

- 0.8 pound baby squash yellow
- 1.5 pounds zucchini

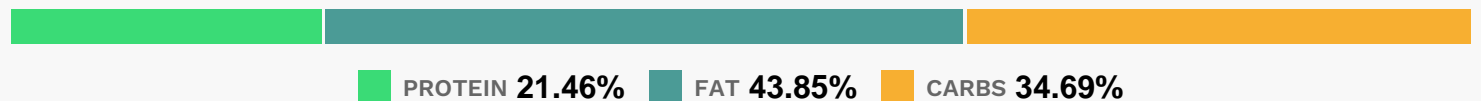
Equipment

- food processor
- frying pan
- slotted spoon
- peeler

Directions

- Combine vinegar, sugar, and 1/4 teaspoon salt until sugar dissolves. Trim ends of zucchini and squash; cut into thin ribbons with harp-shaped peeler.
- Add to vinegar mixture. Cover and chill 2 hours or overnight.
- Bring a small pan of water to a boil; add garlic.
- Remove with a slotted spoon after 1 minute. Rinse under cold water; set aside.
- Add basil to boiling water; immediately remove and rinse under cold water. Reserve 1 tablespoon of cooking liquid.
- Transfer garlic and basil to a food processor, and add lemon juice, olive oil, reserved water, and the remaining 1/4 teaspoon salt. Process until smooth.
- Drain squash, and divide among 4 plates. Top with cubed mozzarella, and drizzle with basil oil.

Nutrition Facts



Properties

Glycemic Index:64.27, Glycemic Load:4.15, Inflammation Score:-7, Nutrition Score:14.441739100477%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 151.78kcal (7.59%), Fat: 7.63g (11.73%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 10.86g (3.95%), Sugar: 10.59g (11.76%), Cholesterol: 13.61mg (4.54%), Sodium: 439.5mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.8%), Vitamin C: 47.13mg (57.13%), Manganese: 0.57mg (28.74%), Vitamin B6: 0.49mg (24.66%), Vitamin K: 24.78µg (23.6%), Calcium: 215.48mg (21.55%), Potassium: 722.34mg (20.64%), Vitamin B2: 0.35mg (20.56%), Phosphorus: 200.92mg (20.09%), Folate: 70.21µg (17.55%), Vitamin A: 771.1IU (15.42%), Magnesium: 53.8mg (13.45%), Fiber: 2.71g (10.85%), Zinc: 1.43mg (9.51%), Vitamin B1: 0.12mg (8.31%), Copper: 0.16mg (7.81%), Iron: 1.17mg (6.49%), Vitamin B3: 1.24mg (6.2%), Vitamin E: 0.87mg (5.8%), Selenium: 3.75µg (5.35%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.17µg (2.91%)