



Marinated Zucchini in the Style of Naples: Zucchini Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

199 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons basil leaves fresh chopped
- ☐ 4 tablespoons parsley leaves fresh chopped
- ☐ 4 garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pinch pepper flakes red
- ☐ 4 servings salt
- ☐ 0.5 cup sugar

- ☐ 0.5 cup citrus champagne vinegar
- ☐ 1.5 pounds zucchini

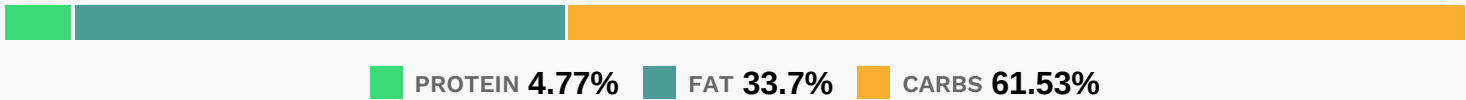
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Wash and dry the zucchini.
- ☐ Cut lengthwise into slices 1/3-inch thick.
- ☐ Place the zucchini slices in a colander, sprinkle with salt and set aside to drain for 2 hours.
- ☐ In a large saucepan, heat the olive oil over medium heat.
- ☐ Place the drained zucchini slices in the pan and cook gently until golden brown on both sides, about 3 minutes per side, being careful not to burn the slices. Set aside.
- ☐ In another saucepan, bring the vinegar and sugar to a boil over high heat.
- ☐ Add a pinch of pepper flakes and a pinch of salt.
- ☐ Place the zucchini slices flat in a shallow bowl, with the garlic slices, basil and parsley scattered throughout.
- ☐ Pour the vinegar over the zucchini slices and let marinate, covered, for at least 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:18.32, Inflammation Score:-7, Nutrition Score:12.344347896783%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 199.16kcal (9.96%), Fat: 7.69g (11.83%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 29.65g (10.78%), Sugar: 29.27g (32.53%), Cholesterol: 0mg (0%), Sodium: 213.42mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin K: 85.51µg (81.43%), Vitamin C: 37.21mg (45.11%), Manganese: 0.4mg (19.81%), Vitamin B6: 0.32mg (16.08%), Vitamin A: 790.34IU (15.81%), Potassium: 496.79mg (14.19%), Folate: 48.36µg (12.09%), Vitamin B2: 0.17mg (10.21%), Magnesium: 35.88mg (8.97%), Vitamin E: 1.27mg (8.47%), Fiber: 1.94g (7.75%), Phosphorus: 75.13mg (7.51%), Iron: 1.18mg (6.58%), Copper: 0.12mg (5.9%), Vitamin B1: 0.09mg (5.78%), Calcium: 44.02mg (4.4%), Zinc: 0.65mg (4.34%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.39mg (3.85%), Selenium: 0.93µg (1.33%)