



Marinated Zucchini & Parsley Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

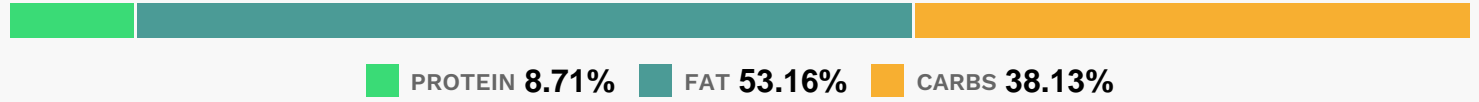
- 1 Tbsp classico basil pesto sauce and spread traditional
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp parsley italian chopped
- 1 onion red finely chopped
- 2 zucchini thinly sliced

Equipment

Directions

- Combine ingredients.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:7.1108695890592%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 78.11kcal (3.91%), Fat: 4.84g (7.45%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 6.24g (2.27%), Sugar: 5.34g (5.93%), Cholesterol: 0.3mg (0.1%), Sodium: 190.91mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.57%), Vitamin K: 43.71µg (41.63%), Vitamin C: 22.16mg (26.86%), Manganese: 0.22mg (10.83%), Vitamin B6: 0.2mg (10.19%), Potassium: 318.79mg (9.11%), Vitamin A: 437.49IU (8.75%), Folate: 31.63µg (7.91%), Fiber: 1.57g (6.28%), Vitamin B2: 0.1mg (5.97%), Magnesium: 22.07mg (5.52%), Phosphorus: 48.52mg (4.85%), Vitamin B1: 0.06mg (4.09%), Copper: 0.07mg (3.41%), Iron: 0.6mg (3.32%), Calcium: 32.57mg (3.26%), Vitamin E: 0.46mg (3.06%), Zinc: 0.39mg (2.61%), Vitamin B3: 0.52mg (2.59%), Vitamin B5: 0.24mg (2.41%)