



Minted courgette salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 onion red thinly sliced
- ☐ 1 lemon zest
- ☐ 2 zucchini
- ☐ 1 large handful mint leaves
- ☐ 2 tbsp olive oil

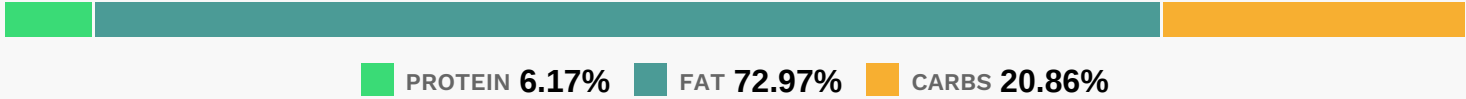
Equipment

- ☐ bowl
- ☐ peeler

Directions

☐ Mix the onion and lemon juice together with some seasoning and set aside for 10 mins. When ready to serve, use a vegetable peeler to slice the courgettes into thin ribbons. Put into a bowl with the onion and lemon juice, zest, mint and oil. Carefully toss together and serve.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:2.6021739069534%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 42.72kcal (2.14%), Fat: 3.67g (5.65%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 4.47mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin C: 10.41mg (12.61%), Manganese: 0.1mg (5.07%), Vitamin B6: 0.09mg (4.5%), Potassium: 142.01mg (4.06%), Vitamin K: 4.24µg (4.04%), Vitamin E: 0.57mg (3.77%), Folate: 13.73µg (3.43%), Vitamin B2: 0.05mg (2.93%), Fiber: 0.73g (2.91%), Magnesium: 10.02mg (2.5%), Vitamin A: 119.75IU (2.4%), Phosphorus: 21.07mg (2.11%), Vitamin B1: 0.03mg (1.74%), Copper: 0.03mg (1.55%), Iron: 0.25mg (1.37%), Vitamin B3: 0.24mg (1.2%), Calcium: 11.68mg (1.17%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.12%)