



WHATSheATE



Moroccan Zucchini, Grape, and Bell Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1 medium garlic clove finely chopped
- ☐ 1.5 cups grapes green seedless halved
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons juice of lemon freshly squeezed (from)

- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup pinenuts toasted
- ☐ 5 teaspoons simple preserved lemons finely chopped
- ☐ 1 medium bell pepper red cored seeded
- ☐ 1 pound to 3 sized squashes yellow (3 to 4 medium squash)
- ☐ 1 pound zucchini (3 to 4 medium zucchinis)

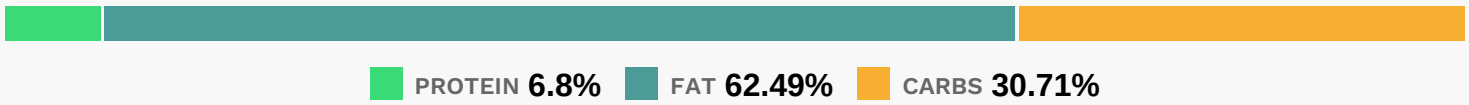
Equipment

- ☐ bowl

Directions

- ☐ Add all of the measured ingredients to the bowl with the dressing and toss until evenly coated.
- ☐ Let the salad sit at room temperature until the flavors meld, about 15 minutes. Toss again, taste, and season with salt as needed.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:4.09, Inflammation Score:-8, Nutrition Score:13.885217531868%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 180.06kcal (9%), Fat: 13.51g (20.79%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 11.99g (4.36%), Sugar: 10.81g (12.01%), Cholesterol: 0mg (0%), Sodium: 204.41mg (8.89%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin C: 56.41mg (68.37%), Manganese: 0.85mg (42.35%), Vitamin A: 1171.57IU (23.43%), Vitamin B6: 0.4mg (20.19%), Vitamin K: 20.78µg (19.79%), Vitamin E: 2.52mg (16.8%), Potassium: 571.91mg (16.34%), Vitamin B2: 0.24mg (14.35%), Folate: 54.56µg (13.64%), Magnesium: 48.72mg (12.18%), Fiber: 3.01g (12.03%), Copper: 0.22mg (10.76%), Phosphorus: 107.31mg (10.73%), Vitamin B1: 0.13mg (8.96%), Iron: 1.48mg (8.22%), Vitamin B3: 1.3mg (6.49%), Zinc: 0.95mg (6.34%), Vitamin B5: 0.39mg (3.95%), Calcium: 37.02mg (3.7%)