



Patricia Wells's Zucchini Carpaccio with Avocado, Pistachios, and Pistachio Oil



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1 large avocado ripe
- ☐ 3 tablespoons virgin olive oil (such as Leblanc)
- ☐ 4 servings fleur del sel
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 4 lemon thyme fresh with flowers if possible
- ☐ 1 tablespoon lemon zest organic
- ☐ 4 servings lemon zest

- ☐ 0.5 cup pistachios salted
- ☐ 1 tablespoon sea salt fine
- ☐ 16 ounces zucchini fresh rinsed trimmed

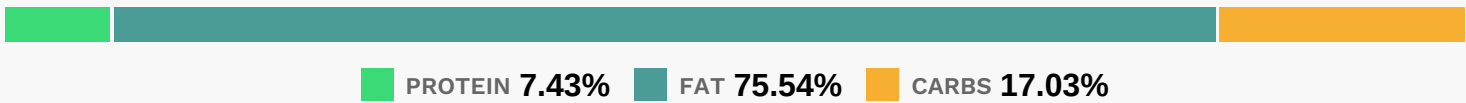
Equipment

- ☐ knife
- ☐ plastic wrap
- ☐ mandoline

Directions

- ☐ Combine the lemon zest and salt in the spice grinder, and grind into a fine powder.
- ☐ Transfer to a small jar and close with the lid. (Store, sealed in the jar, in the refrigerator for up to 1 week. After that the lemon flavor will begin to fade.)
- ☐ For the salad: In the jar, combine the lemon juice and flavored salt. Cover with the lid and shake to blend.
- ☐ Add the oil and shake to blend.
- ☐ With the mandoline or chef’s knife, slice the zucchini lengthwise as thin as possible. Arrange the slices on a platter and pour the dressing over them. Tilt the platter back and forth to coat the slices evenly. Cover with plastic wrap and let marinate at room temperature for 30 minutes, so the zucchini absorbs the dressing and does not dry out.
- ☐ Halve, pit, and peel the avocado, and cut it lengthwise into very thin slices. Carefully arrange the slices of marinated zucchini on individual salad plates, alternating with the avocado slices, slightly overlapping them.
- ☐ Sprinkle with the pistachio nuts.
- ☐ Garnish with the thyme sprigs and flowers and fleur de sel.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:13.92391280506%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg 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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 281.54kcal (14.08%), Fat: 25.26g (38.86%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 6.4g (2.33%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 1951.08mg (84.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin C: 31.43mg (38.1%), Vitamin B6: 0.58mg (29.17%), Fiber: 6.42g (25.66%), Manganese: 0.48mg (23.96%), Vitamin K: 21.75µg (20.71%), Vitamin E: 3.05mg (20.35%), Potassium: 710.45mg (20.3%), Folate: 77.18µg (19.3%), Copper: 0.36mg (18.23%), Vitamin B1: 0.22mg (14.72%), Phosphorus: 146.12mg (14.61%), Magnesium: 55.72mg (13.93%), Vitamin B2: 0.2mg (11.95%), Vitamin B5: 1.02mg (10.24%), Iron: 1.57mg (8.69%), Vitamin A: 412.55IU (8.25%), Vitamin B3: 1.61mg (8.07%), Zinc: 1.05mg (7.01%), Calcium: 48.18mg (4.82%), Selenium: 1.52µg (2.18%)