



 **17%**
HEALTH SCORE

Pesto Zucchini "Spaghetti"

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 medium zucchini julienned for this (mandoline slicers are great)
- 1 pinch salt generous
- 6 slices bacon uncooked
- 0.5 cup spring onion sliced into 1-inch pieces
- 2 cups broccoli florets
- 2 T basil pesto prepared
- 4 servings pecorino cheese fresh for garnish

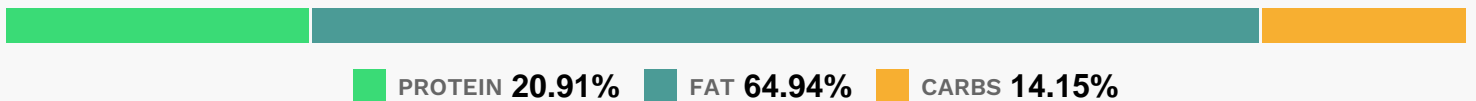
Equipment

- bowl
- frying pan
- paper towels
- colander

Directions

- Place zucchini strips in a colander over a bowl or in the sink.
- Sprinkle zucchini with salt and toss to combine.
- Let the zucchini sit for 15 minutes while the salt extracts the moisture.
- Drain excess water, squeezing zucchini, if necessary.
- Meanwhile, cook bacon in a skillet over medium heat until crisp, turning frequently.
- Remove bacon to a stack of paper towels to drain. Crumble bacon.
- Remove all but 2 T of bacon drippings from the pan.
- Return the pan to medium heat.
- Add the green onions and broccoli, stirring frequently for about 3–5 minutes or until crisp-tender.
- Add zucchini and 2 T of pesto, tossing to combine all ingredients. Taste and add more pesto, if needed. The mixture only needs to warm up, so 2–3 minutes of cooking ought to do it.
- Serve with bacon crumbles and freshly grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:22.642173913043%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Taste

Sweetness: 27.59%, Saltiness: 100%, Sourness: 22.18%, Bitterness: 33.25%, Savoriness: 52.73%, Fattiness: 48.33%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 335.53kcal (16.78%), Fat: 24.77g (38.11%), Saturated Fat: 10.22g (63.89%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 8.56g (3.11%), Sugar: 6.42g (7.14%), Cholesterol: 53.58mg (17.86%), Sodium: 690.97mg (30.04%), Protein: 17.95g (35.9%), Vitamin C: 78.02mg (94.57%), Vitamin K: 81.37µg (77.5%), Calcium: 394.68mg (39.47%), Phosphorus: 384.66mg (38.47%), Vitamin B6: 0.52mg (26%), Manganese: 0.47mg (23.61%), Vitamin B2: 0.39mg (22.66%), Potassium: 780.98mg (22.31%), Vitamin A: 1088IU (21.76%), Folate: 85.81µg (21.45%), Selenium: 12.59µg (17.98%), Magnesium: 63.6mg (15.9%), Vitamin B1: 0.23mg (15.3%), Fiber: 3.59g (14.35%), Zinc: 2.03mg (13.51%), Vitamin B3: 2.59mg (12.95%), Vitamin B5: 0.98mg (9.8%), Iron: 1.65mg (9.18%), Vitamin B12: 0.5µg (8.35%), Copper: 0.16mg (7.97%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.28µg (1.88%)