



Quick Summer Squash Salad

READY IN



90 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup juice of lemon
- ☐ 4 cups lettuce
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 4 servings wholewheat pita breads
- ☐ 4 servings salt and pepper black to taste
- ☐ 4 medium summer squash sliced
- ☐ 2 large tomatoes sliced

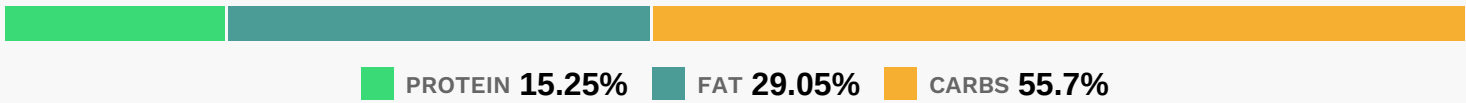
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook sliced squash in a large, nonstick skillet at medium-to-high heat until tender or slightly brown, as desired.
- ☐ Whisk or shake lemon juice and olive oil into an emulsion.
- ☐ Marinate squash in the dressing mixture and chill to desired temperature.
- ☐ Toss arugula and tomato slices with squash and dressing mixture. Divide onto four plates.
- ☐ Finish with a sprinkling of Parmesan cheese.
- ☐ Add croutons or pita bread quarters to garnish, if desired.This salad makes a nice accompaniment with hummus or roasted chickpeas.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:30.88, Inflammation Score:-8, Nutrition Score:17.108260855727%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 302.59kcal (15.13%), Fat: 10.1g (15.54%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 39.22g (14.26%), Sugar: 6.51g (7.23%), Cholesterol: 10.88mg (3.63%), Sodium: 724.35mg (31.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.85%), Vitamin C: 47.18mg (57.19%), Manganese: 0.72mg (35.89%), Vitamin K: 26.7µg (25.42%), Vitamin B6: 0.5mg (25.05%), Folate: 98.16µg (24.54%),

Vitamin B2: 0.4mg (23.45%), Phosphorus: 225.07mg (22.51%), Potassium: 738.04mg (21.09%), Calcium: 203.08mg (20.31%), Vitamin B1: 0.28mg (18.93%), Fiber: 4.35g (17.39%), Vitamin A: 863.4IU (17.27%), Magnesium: 59.19mg (14.8%), Vitamin B3: 2.29mg (11.43%), Zinc: 1.71mg (11.37%), Copper: 0.22mg (11.13%), Iron: 1.88mg (10.45%), Vitamin E: 1.25mg (8.35%), Selenium: 4.87µg (6.96%), Vitamin B5: 0.67mg (6.73%), Vitamin B12: 0.17µg (2.81%)