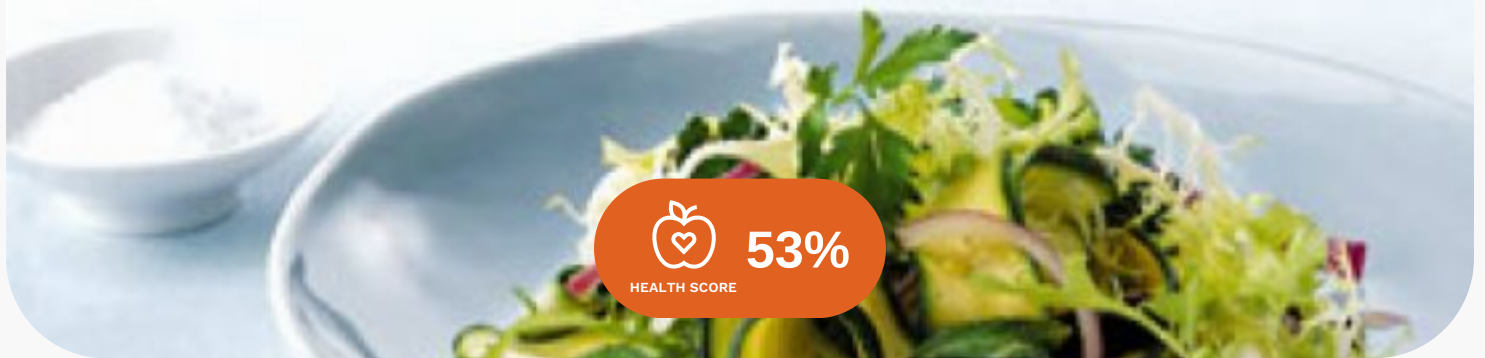




Ribboned Zucchini Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.5 cup basil leaves fresh loosely packed
- ☐ 0.5 cup mint leaves fresh loosely packed
- ☐ 4 cups fris  e french loosely packed trimmed (curly endive)
- ☐ 12 kalamata black pitted thinly sliced lengthwise

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion red halved lengthwise thinly sliced
- ☐ 1 teaspoon salt
- ☐ 2 pounds zucchini trimmed

Equipment

- ☐ bowl
- ☐ whisk
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Cut zucchini lengthwise into 1/8-inch-thick slices with slicer and transfer to a colander set over a bowl.
- ☐ Sprinkle zucchini with salt and toss to coat.
- ☐ Let stand 5 minutes, then rinse under cold running water.
- ☐ Transfer zucchini to a clean kitchen towel and spread in 1 layer, then gently roll up towel to absorb excess water and let stand 5 minutes more.
- ☐ Whisk together oil, zest, juice, mustard, anchovy paste, and pepper in a large bowl until combined.
- ☐ Add zucchini, frisée, herbs, olives, and onion and toss to coat.
- ☐ Serve immediately.
- ☐ *Available at Asian markets, some cookware shops, and Uwajimaya (800-889-1928).
- ☐ Each serving contains about 112 calories and 6 grams fat.
- ☐ Gourmet

Nutrition Facts



 **PROTEIN 12.17%**  **FAT 54.86%**  **CARBS 32.97%**

Properties

Glycemic Index:34.67, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:18.132608808253%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 11.24mg, Apigenin: 11.24mg, Apigenin: 11.24mg, Apigenin: 11.24mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 100.45kcal (5.02%), Fat: 6.74g (10.37%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.76g (5.29%), Cholesterol: 0.85mg (0.28%), Sodium: 599.25mg (26.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin K: 199.26µg (189.77%), Vitamin A: 2928.24IU (58.56%), Vitamin C: 45.77mg (55.47%), Manganese: 0.52mg (26.13%), Folate: 89.64µg (22.41%), Potassium: 624.35mg (17.84%), Fiber: 4g (16.01%), Vitamin B6: 0.32mg (15.89%), Vitamin E: 2.01mg (13.41%), Magnesium: 48.05mg (12.01%), Vitamin B2: 0.2mg (11.86%), Copper: 0.23mg (11.38%), Calcium: 89.32mg (8.93%), Iron: 1.61mg (8.93%), Phosphorus: 88.73mg (8.87%), Vitamin B5: 0.77mg (7.69%), Vitamin B1: 0.11mg (7.25%), Vitamin B3: 1.24mg (6.22%), Zinc: 0.8mg (5.34%), Selenium: 1.81µg (2.59%)