



## Shaved Summer Squash Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 pound mild feta
- 8 juice of lemon
- 3 tablespoons olive oil extra-virgin
- 8 servings salt
- 12 squash blossoms (petals only)
- 2 pounds zucchini yellow
- 8 servings peper black freshly ground
- 8 servings peper black freshly ground

## Equipment

- bowl
- knife
- mandoline
- peeler

## Directions

- Using a mandoline or sharp thin-bladed knife, cut zucchini into very thin slices lengthwise; put in a large, shallow bowl.
- With a vegetable peeler, shave ricotta salata cheese into narrow, thin slices. Tear squash blossoms into strips.
- Season zucchini lightly with salt and pepper; toss gently.
- Drizzle with olive oil, then add juice from lemon. Taste and adjust the seasoning. On top, scatter cheese, then blossoms.
- Serve immediately.

## Nutrition Facts

**PROTEIN 14.58%** **FAT 64.25%** **CARBS 21.17%**

## Properties

Glycemic Index:7.38, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:7.6739130331122%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 9.21g (14.17%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.49g (2%), Sugar: 3.33g (3.7%), Cholesterol: 14.46mg (4.82%), Sodium: 220.43mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin C: 31.73mg (38.46%), Vitamin B6: 0.27mg

(13.66%), Vitamin B2: 0.22mg (13.12%), Folate: 44.06µg (11.01%), Potassium: 363.05mg (10.37%), Manganese: 0.2mg (10.21%), Phosphorus: 91.75mg (9.18%), Vitamin A: 413.16IU (8.26%), Calcium: 78.84mg (7.88%), Vitamin K: 6.87µg (6.55%), Vitamin E: 0.97mg (6.46%), Selenium: 4.39µg (6.27%), Magnesium: 24.92mg (6.23%), Fiber: 1.34g (5.35%), Zinc: 0.67mg (4.49%), Vitamin B1: 0.07mg (4.44%), Copper: 0.07mg (3.44%), Iron: 0.58mg (3.23%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.1µg (1.61%)