



Shaved Summer Squash Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings baby arugula
- 1 garlic clove minced
- 4 servings pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 2.5 tablespoons olive oil extra virgin extra-virgin
- 3 tablespoons almonds whole
- 1 pound to 3 sized squashes green yellow (a mix of and)

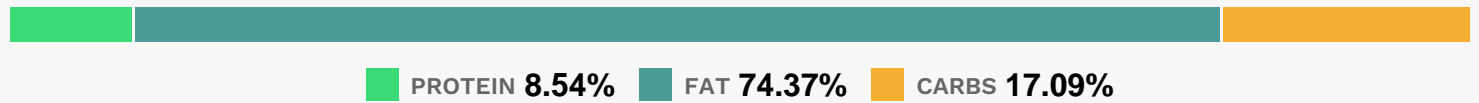
Equipment

- bowl
- whisk
- peeler

Directions

- Roast almonds and coarsely crush. Meanwhile, trim the ends off summer squash. Using a vegetable peeler, thinly slice the squash lengthwise into strips and transfer to a large bowl.
- In a small bowl, whisk together extra-virgin olive oil, fresh lemon juice, minced garlic clove, and kosher salt to taste.
- Pour dressing over squash.
- Let stand for a few minutes, then add a few handfuls of baby arugula. Shave a little Pecorino over the squash and toss. Season with kosher salt and freshly ground black pepper.
- Garnish with the crushed almonds.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:9.4830434529678%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 144.44kcal (7.22%), Fat: 12.79g (19.67%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.21g (1.53%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 5.44mg (0.24%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin C: 23.91mg (28.99%), Vitamin E: 3.37mg (22.48%), Manganese: 0.43mg (21.41%), Vitamin K: 19.75µg (18.81%), Vitamin B2: 0.26mg (15.13%), Vitamin B6: 0.28mg (13.89%), Folate: 47.42µg (11.86%), Potassium: 401.13mg (11.46%), Magnesium: 45.04mg (11.26%), Fiber: 2.41g (9.63%), Vitamin A: 465.24IU (9.3%), Phosphorus: 86.27mg (8.63%), Copper: 0.15mg (7.37%), Calcium: 55.52mg (5.55%), Vitamin B1: 0.08mg (5.17%), Iron: 0.9mg (4.99%), Vitamin B3: 0.87mg (4.34%), Zinc: 0.62mg (4.16%), Vitamin B5: 0.27mg (2.7%)