



Shaved Summer Squash Salad with Prosciutto Crisps

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounce feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 ounce pancetta chopped thin

- ☐ 0.3 teaspoon salt
- ☐ 2 medium baby squash yellow
- ☐ 1 medium zucchini

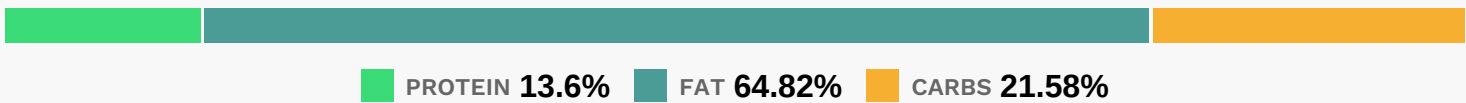
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ peeler

Directions

- ☐ Shave the zucchini and squash into thin strips using a vegetable peeler. Discard seeds.
- ☐ Place zucchini and squash in a medium bowl, and toss with salt.
- ☐ Combine mint and next 4 ingredients (through pepper) in a small bowl; stir with a whisk.
- ☐ Pour over zucchini and squash; toss.
- ☐ Heat a small nonstick skillet over medium heat.
- ☐ Add prosciutto; saute for 2 minutes or until crisp.
- ☐ Place 3/4 cup salad on each of 4 plates. Top each serving with 1 tablespoon cheese; sprinkle evenly with prosciutto.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:7.8265217918417%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 99.29kcal (4.96%), Fat: 7.6g (11.69%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 3.86g (1.4%), Sugar: 3.44g (3.83%), Cholesterol: 8.29mg (2.76%), Sodium: 204.99mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin C: 27.03mg (32.77%), Vitamin B6: 0.32mg (16%), Manganese: 0.31mg (15.27%), Vitamin B2: 0.21mg (12.47%), Potassium: 423.76mg (12.11%), Folate: 44.18µg (11.05%), Vitamin A: 435.24IU (8.7%), Phosphorus: 79.42mg (7.94%), Magnesium: 29.44mg (7.36%), Fiber: 1.83g (7.32%), Vitamin K: 7.44µg (7.08%), Vitamin B1: 0.09mg (6.15%), Vitamin B3: 1.04mg (5.18%), Vitamin E: 0.72mg (4.82%), Copper: 0.09mg (4.54%), Calcium: 44.73mg (4.47%), Zinc: 0.64mg (4.25%), Iron: 0.74mg (4.13%), Selenium: 2.76µg (3.94%), Vitamin B5: 0.32mg (3.19%)