



## Shaved Summer Vegetable Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 baby golden beets peeled
- 3 tablespoons champagne vinegar
- 1.5 teaspoons dijon mustard
- 0.3 cup chives fresh chopped
- 1.5 teaspoons honey
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil extra-virgin
- 1 tablespoon shallots finely chopped

- 3 large mushrooms white
- 1 baby squash yellow cut into 2-inch segments
- 1 zucchini cut into 2-inch segments

## Equipment

- bowl
- whisk
- mandoline
- peeler

## Directions

- Make the vinaigrette: Stir together the shallot, mustard, honey, vinegar, 3/4 teaspoon salt, and pepper to taste in a bowl.
- Whisk in the olive oil.
- Thinly slice the zucchini and squash lengthwise (with a mandoline, if you have one, or a vegetable peeler), then thinly slice the beets and mushrooms.
- Drizzle with the vinaigrette and toss.
- Sprinkle with the chives, chervil and tarragon. Season to taste with salt and pepper.
- Photograph by Con Poulos

## Nutrition Facts



**PROTEIN 6.7%** **FAT 64.04%** **CARBS 29.26%**

## Properties

Glycemic Index:50.38, Glycemic Load:3.63, Inflammation Score:-4, Nutrition Score:7.2586956328672%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 125.75kcal (6.29%), Fat: 9.36g (14.39%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 7.12g (2.59%), Sugar: 7.09g (7.87%), Cholesterol: 0mg (0%), Sodium: 255.14mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Folate: 81.88µg (20.47%), Vitamin C: 15.8mg (19.15%), Manganese: 0.32mg (16.2%), Vitamin K: 12.68µg (12.07%), Potassium: 403.07mg (11.52%), Fiber: 2.5g (9.99%), Vitamin E: 1.41mg (9.38%), Vitamin B6: 0.18mg (9.16%), Vitamin B2: 0.15mg (8.8%), Magnesium: 27.26mg (6.82%), Phosphorus: 60.89mg (6.09%), Copper: 0.12mg (5.95%), Iron: 0.9mg (4.99%), Vitamin A: 246.39IU (4.93%), Vitamin B3: 0.93mg (4.65%), Vitamin B1: 0.06mg (4.12%), Vitamin B5: 0.39mg (3.91%), Zinc: 0.48mg (3.23%), Selenium: 2.06µg (2.95%), Calcium: 23.43mg (2.34%)