



Shaved Zucchini Salad with Parmesan Pine Nuts

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 6 servings parmesan
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2 pounds zucchini trimmed

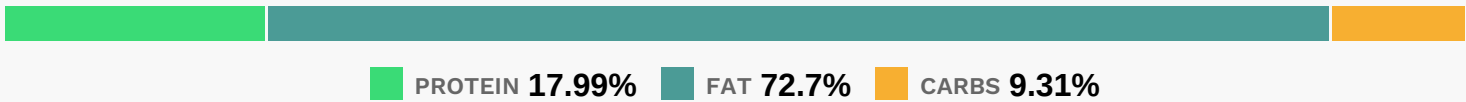
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Whisk oil, lemon juice, 1 teaspoon coarse salt, 1/2 teaspoon black pepper, and crushed red pepper in small bowl to blend. Set dressing aside.
- ☐ Using vegetable peeler or V-slicer and working from top to bottom of each zucchini, slice zucchini into ribbons (about 1/16 inch thick).
- ☐ Place ribbons in large bowl.
- ☐ Add basil and nuts, then dressing; toss to coat. Season to taste with salt and pepper.Using vegetable peeler, shave strips from Parmesan wedge over salad.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:14.628695591636%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 289.45kcal (14.47%), Fat: 24.12g (37.11%), Saturated Fat: 6.99g (43.68%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.36g (4.85%), Cholesterol: 20.4mg (6.8%), Sodium: 882.16mg (38.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.87%), Manganese: 0.82mg (40.8%), Calcium:

385.5mg (38.55%), Vitamin C: 29.4mg (35.64%), Phosphorus: 300.03mg (30%), Vitamin K: 25.93µg (24.69%), Vitamin E: 2.56mg (17.05%), Vitamin B2: 0.26mg (15.17%), Vitamin B6: 0.29mg (14.33%), Magnesium: 56.53mg (14.13%), Potassium: 470.9mg (13.45%), Vitamin A: 669.75IU (13.39%), Zinc: 1.7mg (11.31%), Folate: 42.71µg (10.68%), Selenium: 7.13µg (10.18%), Copper: 0.18mg (8.79%), Fiber: 1.84g (7.35%), Iron: 1.28mg (7.14%), Vitamin B1: 0.1mg (6.83%), Vitamin B12: 0.36µg (6%), Vitamin B3: 1.04mg (5.22%), Vitamin B5: 0.48mg (4.76%)