



Shaved Zucchini Salad with Parmigiano and Pistachios

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 ounces parmigiano-reggiano cheese shaved
- ☐ 3 tablespoons lightly roasted pistachios salted
- ☐ 15 servings salt and pepper freshly ground
- ☐ 2 pounds zucchini very thinly sliced lengthwise

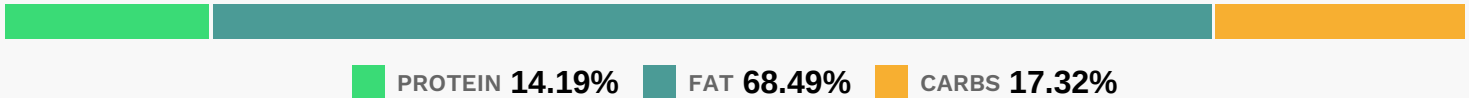
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the oil with the lemon zest and juice. Season with salt and pepper. In a large bowl, toss the sliced zucchini with the lemon dressing.
- ☐ Add the Parmesan and the pistachios, toss again and serve.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.5139130677866%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 54.97kcal (2.75%), Fat: 4.41g (6.79%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.69g (1.88%), Cholesterol: 1.93mg (0.64%), Sodium: 244.14mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin C: 11.66mg (14.14%), Vitamin B6: 0.13mg (6.38%), Manganese: 0.13mg (6.31%), Potassium: 177.66mg (5.08%), Phosphorus: 50.14mg (5.01%), Calcium: 45.23mg (4.52%), Vitamin K: 4.33µg (4.13%), Vitamin B2: 0.07mg (4.06%), Folate: 15.8µg (3.95%), Magnesium: 14.06mg (3.52%), Vitamin E: 0.52mg (3.46%), Fiber: 0.78g (3.11%), Vitamin A: 149.48IU (2.99%), Vitamin B1: 0.04mg (2.79%), Copper: 0.05mg (2.65%), Zinc: 0.31mg (2.04%), Iron: 0.33mg (1.81%), Vitamin B3: 0.3mg (1.51%), Vitamin B5: 0.15mg (1.46%), Selenium: 0.87µg (1.24%)