






 **19%**  
HEALTH SCORE

# Simple Squash Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
**180 min.**

SERVINGS  
  
**6**

CALORIES  
  
**45 kcal**

**SIDE DISH** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 1 bell pepper diced
- 1 bell pepper diced
- 0.3 tsp pepper black
- 0.3 cup parsley fresh chopped
- 3 cloves garlic chopped
- 0.5 tsp garlic powder
- 1 tablespoon pepperoncini pepper juice
- 3 slices optional: lemon with peel - cut in half

- 0.5 onion sliced thin
- 1 tsp oregano dried
- 0.3 tsp pepper red
- 1 tsp salt
- 1 tablespoon sugar
- 0.8 cup vinegar
- 3 cups zucchini diced

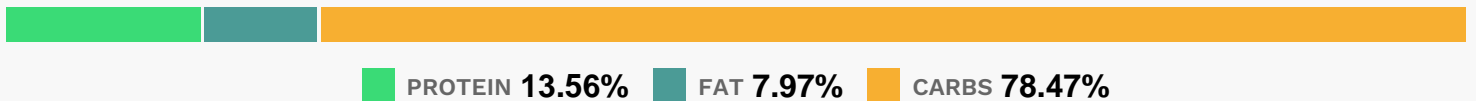
## Equipment

- bowl

## Directions

- Combine all of the ingredients the salad ingredients in a bowl.
- Combine all of the dressing ingredients in a cup and stir, adjust the ingredients to taste.
- Pour this over the salad and toss.
- Let the salad sit in the refrigerator for a few hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:66.06, Glycemic Load:2.64, Inflammation Score:-7, Nutrition Score:11.225652173913%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

2.45mg

## Taste

Sweetness: 41.77%, Saltiness: 100%, Sourness: 32.51%, Bitterness: 38.6%, Savoriness: 44.04%, Fattiness: 35.02%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 45.35kcal (2.27%), Fat: 0.4g (0.62%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 6.91g (2.51%), Sugar: 6g (6.67%), Cholesterol: 0mg (0%), Sodium: 398.59mg (17.33%), Protein: 1.54g (3.09%), Vitamin C: 68.23mg (82.7%), Vitamin K: 47.76µg (45.49%), Vitamin A: 1607.94IU (32.16%), Vitamin B6: 0.26mg (13.05%), Manganese: 0.25mg (12.31%), Folate: 39.97µg (9.99%), Potassium: 296.47mg (8.47%), Fiber: 2.03g (8.11%), Vitamin B2: 0.1mg (6.06%), Vitamin E: 0.82mg (5.45%), Magnesium: 20.47mg (5.12%), Phosphorus: 44.18mg (4.42%), Iron: 0.79mg (4.36%), Vitamin B1: 0.06mg (4.17%), Vitamin B3: 0.75mg (3.77%), Copper: 0.06mg (3.03%), Calcium: 29.89mg (2.99%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.38mg (2.56%), Selenium: 0.71µg (1.01%)