



Squash Blossom and Ricotta Salad



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 4 servings variety of summer herbs minced
- ☐ 2 tablespoon juice of lemon
- ☐ 4 tablespoon olive oil
- ☐ 1 cup ricotta cheese crumbled
- ☐ 2 cup squash blossoms
- ☐ 3 tablespoon sunflower seeds toasted

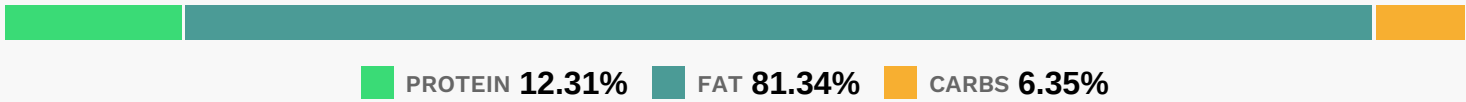
Equipment

- ☐ bowl
- ☐ whisk
- ☐ melon baller

Directions

- ☐ In a large serving bowl whisk together lemon juice, oil, mustard, salt and pepper.
- ☐ Add lettuce and squash blossoms, sun flower seeds and avocado slices until well coated. Using a small scoop or melon baller top the salad with ricotta balls.
- ☐ Garnish with a pinch of mixed herbs of your choice and serve.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:9.2765216853308%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 280.79kcal (14.04%), Fat: 25.99g (39.99%), Saturated Fat: 7.42g (46.39%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.81g (1.39%), Sugar: 0.58g (0.64%), Cholesterol: 31.62mg (10.54%), Sodium: 67.76mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin E: 4.75mg (31.69%), Selenium: 13.52µg (19.31%), Vitamin K: 17.43µg (16.6%), Phosphorus: 158.62mg (15.86%), Calcium: 145.54mg (14.55%), Vitamin A: 707.74IU (14.15%), Vitamin C: 7.99mg (9.69%), Vitamin B2: 0.16mg (9.61%), Magnesium: 37.49mg (9.37%), Folate: 37.15µg (9.29%), Manganese: 0.18mg (8.95%), Vitamin B1: 0.13mg (8.72%), Copper: 0.16mg (7.89%), Zinc: 1.12mg (7.48%), Vitamin B6: 0.13mg (6.75%), Iron: 0.91mg (5.07%), Potassium: 157.66mg (4.5%), Vitamin B3: 0.84mg (4.18%), Vitamin B12: 0.21µg (3.51%), Fiber: 0.75g (3.01%), Vitamin B5: 0.23mg (2.35%)