



## Squash Ribbons With Feta and Mint

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 6 servings arugula
- 0.8 cup feta cheese crumbled
- 2 tablespoons mint leaves fresh chopped
- 2 Tbsp juice of lemon fresh
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup shallots minced

2.5 lb baby squash yellow

## Equipment

peeler

## Directions

Using a Y-shaped vegetable peeler, cut squash lengthwise into very thin strips just until seeds are visible.

Toss squash ribbons with shallots and next 6 ingredients.

Serve immediately over arugula.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:2.05, Inflammation Score:-7, Nutrition Score:13.051304340363%

## Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 133.46kcal (6.67%), Fat: 9.15g (14.07%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 9.78g (3.26%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.27g (5.85%), Cholesterol: 16.69mg (5.56%), Sodium: 609.69mg (26.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 36.88mg (44.71%), Vitamin B6: 0.54mg (26.89%), Vitamin B2: 0.44mg (26.04%), Manganese: 0.44mg (21.97%), Folate: 76.79µg (19.2%), Vitamin K: 20.07µg (19.11%), Potassium: 593.6mg (16.96%), Vitamin A: 766.82IU (15.34%), Phosphorus: 148mg (14.8%), Calcium: 145.81mg (14.58%), Magnesium: 44.39mg (11.1%), Fiber: 2.74g (10.98%), Vitamin B1: 0.13mg (8.84%), Zinc: 1.2mg (7.99%), Vitamin E: 0.99mg (6.59%), Iron: 1.18mg (6.57%), Copper: 0.13mg (6.37%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.56mg (5.61%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.35µg (4.79%)