



Squash Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large bunch arugula dry washed trimmed
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flat parsley chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons red-wine vinegar
- ☐ 1 large tomatoes cored ripe
- ☐ 2 small zucchini yellow ends trimmed

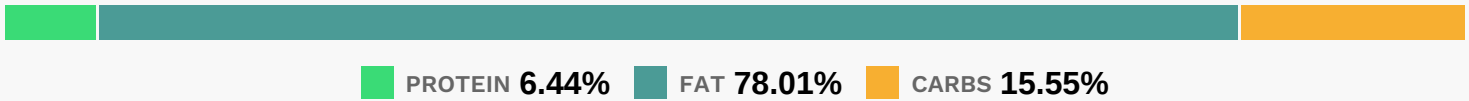
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut the zucchini and squash in thinslices on the diagonal; place in a bowl.
- ☐ Whisk thevinegar, mustard, salt, and peppertogether in a bowl. Slowly drizzle inthe oil, whisking constantly untillthickened. Toss with the squash.
- ☐ Let rest 10 minutes.
- ☐ Place the arugula in a saladbowl.
- ☐ Cut the tomato in halflengthwise and then into very thinwedges; scatter over the greens.
- ☐ Before serving, spoon the squash anddressing over arugula.
- ☐ Sprinkle with parsleyand season with salt and pepper.
- ☐ Serveimmediately, tossing at the table.
- ☐ Per serving: 140 calories, 10g carbohydrates, 4g protein, 10g fat, 0mg cholesterol
- ☐ Parade
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:10.647826288057%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.93mg, Kaempferol: 9.93mg, Kaempferol: 9.93mg, Kaempferol: 9.93mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 122.54kcal (6.13%), Fat: 11.11g (17.09%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.17g (1.15%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 57.8mg (2.51%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin K: 76.1µg (72.48%), Vitamin C: 23.74mg (28.78%), Vitamin A: 1338.53IU (26.77%), Manganese: 0.27mg (13.46%), Vitamin E: 1.98mg (13.19%), Folate: 51.69µg (12.92%), Potassium: 385.8mg (11.02%), Magnesium: 32mg (8%), Vitamin B6: 0.16mg (7.88%), Fiber: 1.82g (7.26%), Calcium: 64.87mg (6.49%), Iron: 1.03mg (5.72%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 53.84mg (5.38%), Vitamin B1: 0.06mg (4.31%), Copper: 0.09mg (4.3%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.45mg (2.98%), Selenium: 1.48µg (2.11%)