



Summer Squash Carpaccio and Shaved Cheese Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups lightly baby arugula packed
- 1 teaspoon vietnamese fish sauce
- 12 large mint leaves fresh coarsely chopped
- 1 small garlic clove minced
- 0.3 tsp kosher salt and pepper
- 1.5 tablespoons juice of lemon
- 3 tablespoons olive oil extra-virgin

- 3 tablespoons pinenuts
- 2 oz aged sheep's-milk cheese
- 1 pound zucchini green yellow

Equipment

- bowl
- oven
- whisk
- mandoline
- pie form

Directions

- Heat oven to 35
- Toast pine nuts in a pie pan until golden, shaking occasionally, 5 to 8 minutes; set aside.
- Combine lemon juice, garlic, and fish sauce in a large bowl.
- Whisk in oil.
- Add salt and pepper to taste.
- Trim ends from zucchini. With a cheese plane or mandoline, shave zucchini thinly lengthwise.
- Mix zucchini in bowl with dressing.
- Let stand 5 minutes to soften.
- Add arugula and mint. With a cheese plane, shave as much cheese over salad as you like.
- Add 2 tbsp. pine nuts and toss.
- Add more salt and pepper to taste, then transfer to a platter.
- Sprinkle with remaining 1 tbsp. pine nuts and serve immediately.
- *Such as Bellwether Farms' San Andreas or Pepato (CA), Black Sheep Creamery's Tin Willow Tomme (WA), or Sally Jackson Cheeses' Sheep Milk Tomme (WA).

Nutrition Facts



■ PROTEIN 9.03% ■ FAT 78.95% ■ CARBS 12.02%

Properties

Glycemic Index:26, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:12.337826112042%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 207.62kcal (10.38%), Fat: 19.15g (29.46%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 4.72g (1.72%), Sugar: 3.51g (3.9%), Cholesterol: 12.62mg (4.21%), Sodium: 437.93mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Manganese: 0.95mg (47.46%), Vitamin C: 25.23mg (30.58%), Vitamin K: 26.41µg (25.15%), Vitamin E: 2.43mg (16.17%), Vitamin B2: 0.26mg (15.43%), Phosphorus: 143.08mg (14.31%), Vitamin B6: 0.28mg (14.05%), Vitamin A: 654.11IU (13.08%), Magnesium: 52.18mg (13.05%), Folate: 49.33µg (12.33%), Potassium: 416.76mg (11.91%), Calcium: 115.05mg (11.51%), Copper: 0.19mg (9.26%), Zinc: 1.35mg (9%), Fiber: 1.84g (7.38%), Vitamin B1: 0.11mg (7.34%), Iron: 1.31mg (7.3%), Vitamin B3: 1.11mg (5.54%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.25µg (4.11%), Selenium: 2.68µg (3.84%)