



Summer Squash Ribbons with Lemon and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 cup parmesan shaved
- ☐ 1.5 pounds summer squash

Equipment

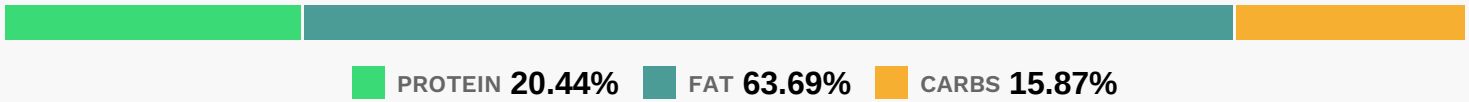
- ☐ bowl

☐ peeler

Directions

- ☐ Cut the squash and zucchini into long, thin strips using a vegetable peeler (discard the seedy cores).
- ☐ Place in a large bowl.
- ☐ Add the oil, lemon juice, Parmesan, 1/2 teaspoon salt, and 1/2 teaspoon pepper and toss gently to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.39, Inflammation Score:-6, Nutrition Score:10.749130471893%

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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 164.25kcal (8.21%), Fat: 12.17g (18.72%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 4.93g (1.79%), Sugar: 4.08g (4.53%), Cholesterol: 12.75mg (4.25%), Sodium: 497.78mg (21.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Vitamin C: 31.82mg (38.57%), Calcium: 248.15mg (24.82%), Vitamin B6: 0.39mg (19.57%), Phosphorus: 195.36mg (19.54%), Vitamin B2: 0.3mg (17.94%), Manganese: 0.3mg (15.14%), Potassium: 470.74mg (13.45%), Folate: 52.14µg (13.04%), Vitamin A: 487.08IU (9.74%), Magnesium: 37.62mg (9.41%), Vitamin K: 9.64µg (9.18%), Vitamin E: 1.26mg (8.43%), Fiber: 1.89g (7.57%), Zinc: 1.01mg (6.75%), Selenium: 4.57µg (6.52%), Vitamin B1: 0.09mg (6.05%), Copper: 0.09mg (4.7%), Vitamin B3: 0.89mg (4.43%), Iron: 0.8mg (4.42%), Vitamin B12: 0.22µg (3.75%), Vitamin B5: 0.36mg (3.58%)