



Summer Squash Ribbons with Oregano, Basil, and Lemon

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 1 ounce parmesan fresh shaved
- ☐ 0.5 teaspoon salt
- ☐ 1 pound to 3 sized squashes yellow
- ☐ 1 pound zucchini

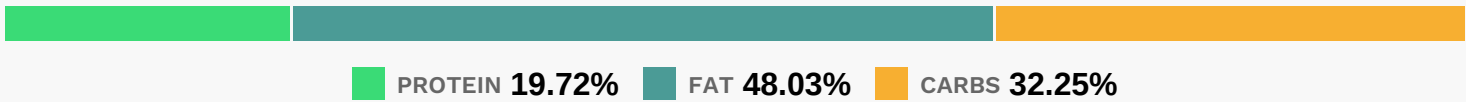
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Shave zucchini and yellow squash into ribbons using a vegetable peeler, stopping at the seeds; place ribbons in a large bowl. Discard seed cores.
- ☐ Combine oil, rind, juice, salt, pepper, and garlic in a small bowl; stir with a whisk.
- ☐ Drizzle oil mixture over vegetable ribbons; sprinkle with basil and oregano. Toss gently.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:6.3760869473867%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 51.04kcal (2.55%), Fat: 2.99g (4.6%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.78g (3.08%), Cholesterol: 2.41mg (0.8%), Sodium: 208.11mg (9.05%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin C: 20.91mg (25.34%), Vitamin K: 13.35µg (12.71%), Manganese: 0.25mg (12.69%), Vitamin B6: 0.23mg (11.65%), Potassium: 314.62mg (8.99%), Vitamin B2: 0.15mg (8.85%), Folate: 32.86µg (8.21%), Calcium: 72.41mg (7.24%), Phosphorus: 69.95mg (7%), Vitamin A: 318.2IU (6.36%), Magnesium: 24mg (6%), Fiber: 1.5g (6%), Iron: 0.72mg (4.01%), Vitamin B1: 0.06mg (3.79%), Copper: 0.07mg (3.5%), Vitamin E: 0.52mg (3.48%), Zinc: 0.47mg (3.16%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.23mg (2.33%), Selenium: 1.11µg (1.59%)