



Summer Squash Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 small summer squash mixed green yellow (1 pound total)
- ☐ 0.3 cup mint leaves loosely packed
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon sea salt fine
- ☐ 4 servings bell pepper to taste
- ☐ 1 ounce pinenuts
- ☐ 4 servings asagio cheese for shavings

☐ 4 servings mint sprigs fresh for garnish

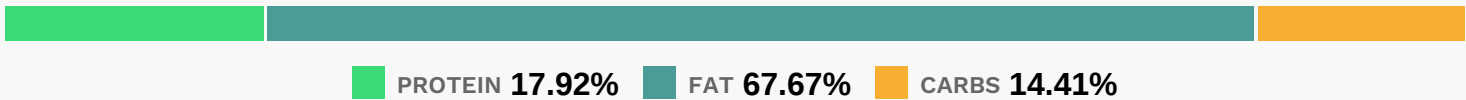
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mandoline
- ☐ peeler

Directions

- ☐ the pine nuts:
- ☐ Heat a small skillet on medium high heat.
- ☐ Add the pine nuts. Stir gently as the pine nuts start to brown. When slightly browned, remove from heat and let cool.
- ☐ Slice the squash into paper-thin slices using a mandoline or other slicer. Set aside in a bowl.
- ☐ Chiffonade the mint: Stack the mint leaves, roll them together lengthwise and slice crosswise to make very thin slivers.
- ☐ Add to squash in bowl.
- ☐ Dress the salad:
- ☐ Combine the oil and lemon juice in a small bowl and whisk together.
- ☐ Whisk in the salt and pepper and pour the dressing over the contents of the bowl.
- ☐ Add the pine nuts and toss all together, gently, but thoroughly.
- ☐ Let mixture stand for at least 10 minutes to soften the squash and develop the flavors.
- ☐ Transfer salad to serving dish or to four individual salad plates.
- ☐ Garnish with shavings of cheese made with a vegetable peeler and a few sprigs of fresh mint.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:22.009565166805%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 300.52kcal (15.03%), Fat: 23.59g (36.29%), Saturated Fat: 6.83g (42.68%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 7.79g (2.83%), Sugar: 6.31g (7.02%), Cholesterol: 20.4mg (6.8%), Sodium: 633.14mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.11%), Vitamin C: 118.44mg (143.56%), Vitamin A: 3006.96IU (60.14%), Manganese: 0.98mg (48.82%), Calcium: 391.21mg (39.12%), Phosphorus: 316.93mg (31.69%), Vitamin B6: 0.52mg (25.79%), Vitamin E: 3.56mg (23.76%), Vitamin B2: 0.36mg (21.16%), Folate: 79.16µg (19.79%), Vitamin K: 17.84µg (16.99%), Potassium: 567.29mg (16.21%), Magnesium: 64.02mg (16%), Fiber: 3.52g (14.06%), Zinc: 1.87mg (12.44%), Selenium: 7.11µg (10.16%), Copper: 0.19mg (9.62%), Iron: 1.68mg (9.31%), Vitamin B1: 0.14mg (9.28%), Vitamin B3: 1.78mg (8.9%), Vitamin B12: 0.36µg (6%), Vitamin B5: 0.6mg (5.98%)